

Contact

www.linkedin.com/in/cindybelardo

(LinkedIn)

www.sunnyperiod.com/ (Company)

youtu.be/vaPtqlvdbZ8 (Other)

www.cindybelardo.com/ (Personal)

Top Skills

Presentation Skills

Public Health Education

Reproductive Health

Certifications

200 YT Hatha & Ashtanga Yoga
Teacher Training

Plant-Based Nutrition Certificate,
Completed

Cindy Belardo (she/her/ella)

Co-Founder, CEO at Sunny | Author | TEDx Speaker

Boston, Massachusetts, United States

Summary

Co-Founder and CEO of Sunny (rebranded from Menstrual Mates).

I empower people to love themselves enough to care for their bodies and our planet.

The Sunny Team is on a mission to normalize menstruation and bring menstrual justice to people across the globe through the first full circle approach to period care. Since our founding in 2019, we have interviewed over 2,000 people who menstruate around the world. We create eco-friendly products, honest education, and global community giveback. Support our Graphic Novel and End Period Poverty merch at [www.sunnyperiod.com!](https://www.sunnyperiod.com/)

Graduated in 2019 from the University of Oklahoma with B.S. in Environmental Studies.

TEDxOU Speaker on "Menstrual Cups for Women's Empowerment" regarding research from Grant Award: Project for Peace in Agra, India.

Experience

Sunny

4 years 3 months

Co-Founder & CEO

June 2019 - Present (4 years 3 months)

Indiana, United States

Sunny was established on June 4th, 2019. Sunny delivers self-care without compromise through eco-friendly products, honest education, and global giveback. We embody feminist values by uplifting young people, our planet, and our community.

As Chief Executive Officer, I strive to bring our vision to the world. We are creating key connections and partnerships to ensure that we live up to that goal. Through the values of quality, value, consistency, and authenticity, my team and I will deliver the products and services that we promise. All of our actions will be fulfilled with transparency, inclusion, and community in mind.

Author

April 2020 - April 2021 (1 year 1 month)

This educational graphic novel follows a young menstruator's first period journey. It is a fun, stigma-free, and inclusive adventure tale for young readers ages 8 and up. It is made for kids to enjoy alone or with a parent, and it is teacher and healthcare provider approved!

<https://www.barnesandnoble.com/w/june-and-the-menstrual-mates-cynthia-belardo/1139154786>

YWCA Greater Lafayette

WISEWOMAN Health Coach

February 2020 - December 2021 (1 year 11 months)

Lafayette, Indiana Metropolitan Area

The WISEWOMAN (Well-Integrated Screening and Evaluation for WOMen Across the Nation) program serves low-income, uninsured, and underinsured women ages 40 to 64 years, with heart disease and stroke risk factor screenings and services that promote healthy behaviors to reduce the risk for heart disease and stroke.

As a Health Coach, I check on and encourage our client's healthy lifestyle behavior changes.

Sunshine Yoga & Wellness

Yoga Teacher

September 2020 - October 2021 (1 year 2 months)

Lafayette, Indiana, United States

Bona Vision Eye Center

Social Media Manager

January 2016 - September 2020 (4 years 9 months)

Bona Vision's mission is to help the world experience the power of sight! I help manage our Instagram page and website updates. Other tasks may include creating flyers, translating posters/flyers into Spanish and creating content for the blog page.

University of Oklahoma

1 year

Sooner Launch Pad Summer Cohort

June 2019 - July 2019 (2 months)

Norman, Oklahoma, United States

Student Peer Health Educator

August 2018 - May 2019 (10 months)

Norman, Oklahoma

Davis Foundation Grant Award

Tedx Talk: Menstrual Cups for Women's Empowerment

July 2018 - August 2018 (2 months)

Agra, Uttar Pradesh, India

We surveyed 200 first time menstrual cup users of their experience and discovered the universal stigma surrounding menstruation - it's everywhere. Through the winnings of the Davis Foundation's \$10,000 grant award, we learned the importance of partnering with communities by learning from the community.

Education

University of Oklahoma

Environmental Studies Bachelor of Science, Environmental Studies · (2015 - 2019)