



United States  
of America

# Congressional Record

PROCEEDINGS AND DEBATES OF THE 117<sup>th</sup> CONGRESS, FIRST SESSION

## *House of Representatives*

**HONORING DR. CARA NELSON-JAMES FOR BLACK HISTORY MONTH.**

**HON. DARREN SOTO**  
OF FLORIDA  
IN THE HOUSE OF REPRESENTATIVES  
*Thursday, February 18, 2021*

Dr. Cara Nelson-James joined Central Florida as the chief medical officer in December of 2019. She obtained her medical degree at Nova Southeastern University College of Osteopathic Medicine in Fort Lauderdale, Florida. Her residency training in family medicine was at North Broward Hospital's district affiliated Broward General Medical Center.

Along with being a valued member of the Central Florida Health Care team for over 14 years, she is also an associate clinical professor at Nova Southeastern University's Dr. Kiran C. Patel College of Osteopathic Medicine. Dr. Nelson-James continues to provide direct patient care at the Dundee Community Health Center two days a week. She has been instrumental in working with BayCare on the residency program in Polk County through Florida State University. She is an advocate for clinical education so students and residents can experience the heartfelt mission of community health care.

During this challenging COVID-19 pandemic, Dr. Nelson-James has spearheaded efforts to provide testing for thousands of patients and vaccines to the 65 and older population and HCW alike.

Dr. Nelson-James is passionate about everyone having access to quality healthcare and bridging the gap in health equity. She has committed herself to empowering her patients to be active participants in their journey to health. She will always find a way to say "yes" to programs that benefit the community and are dedicated to the cause.

Dr. Nelson-James is married with 4 children and lives in Winter Haven. In her spare time, she enjoys watching basketball, staying fit and reading.

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**HON. DARREN SOTO**  
MEMBER OF CONGRESS