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Dr. Walters is a full-time faculty member on the Austin, Texas, campus of the University of St. Augustine for Health Sciences, where she teaches geriatric physical therapy, medical screening, and wellness. She completed her bachelor of arts degree in psychology from the University of Texas at Austin, her master of physical therapy from the University of Texas Medical Branch, and her D.P.T. degree from the College of St. Scholastica. She also has a Ph.D. in health psychology. She is currently pursuing a Lifestyle Medicine Certification from the Andrew Weil Center for Integrative Medicine. Dr. Walters' clinical practice has been focused on sports physical therapy and geriatric physical therapy in outpatient and home health settings. In addition, she taught physical therapy continuing education courses nationwide on integrating yoga and Pilates into physical therapy practice. She has board certifications in sports physical therapy as well as geriatric physical therapy. In addition, she became a certified expert for aging adults (CEEAA) in 2019. She currently serves as the vice chair for the Health Promotion and Wellness SIG in the APTA Geriatrics section.