



## MEET THE PROVIDER



**Lashaia Smith, PA-C**

Lashaia Smith is a board-certified Physician Assistant with a strong foundation in exercise science and cardiopulmonary performance. Originally from Boston, Massachusetts, she has proudly called Georgia home for over a decade.

She earned her Bachelor of Science in Exercise Science, graduating Magna Cum Laude from Georgia State University in 2018. Prior to becoming a Physician Assistant, Lashaia worked as an Exercise Physiologist, where she performed cardiac stress testing and helped patients safely evaluate and improve their cardiovascular health. This hands-on experience strengthened her understanding of functional movement, endurance, and the connection between physical performance and overall wellness.

Lashaia went on to earn her Master of Science in Physician Assistant Studies from Philadelphia College of Osteopathic Medicine in 2025. As a PA-C, she is committed to delivering compassionate, evidence-based care while empowering patients to take an active role in their recovery. Her background in exercise science and physiology gives her a unique perspective in treating musculoskeletal conditions, improving mobility, and helping patients return to the activities they enjoy.