Heather received a BFA in Acting from Lindenwood University in St. Charles, Missouri and an AAS in Emergency Management through the Community College of the Air Force. Her training includes the Improv and Acting programs at The Second City in Chicago, Improv and Sketch Writing at the Upright Citizens Brigade in Los Angeles, Co-Stars with Erica Bream and Cara Rosenbaum, and on-camera training with Robert D'Avanzo, Craig Wallace and Nick Kelly. She recently co-wrote an original play that premiered at the Hollywood Fringe Festival. Other credits include co-stars on Station 19 and Ray Donovan and commercials for Mountain Dew, Zaxby's and Citibank.

She has created several projects that premiered at film festivals to include the Los Angeles Comedy Film Festival, Playhouse West Film Festival, St. Louis Filmmakers Showcase, and St. Louis International Film Festival. Her mockumentary web series "Brews and Broomsticks," was nominated for Outstanding Ensemble Cast in a Comedy at LA Web Fest.

Heather served several years in the Air Force as a Command Post Controller. She was stationed in England and Italy on active duty and served in the Air National Guard and Air Force Reserves. She has also worked as a 911 Dispatcher in the St. Louis area. In addition to acting, she enjoys traveling and spending time with her husband Toby and young son Oliver.