



Cara Rude, ASID, NCIDQ, LEED AP BD+C, WELL AP

Director of Interior Design and Associate Principal
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Cara Rude is the Director of Interior Design and an Associate Principal at MCG. She has 14 years of experience as an Interior Designer and is passionate about design that creates a regenerative lifestyles through healthy materials and biophilic design principals. She is a member of the Health Material Collaborative (HMC), author of the McCool Carlson Green Transparency Initiative and the Red List Campaign. Cara has spent the last 4 years educating clients about the power of choice in specified materials and is thrilled to see the industry growing in knowledge and resources that create healthy spaces.

Cara is past President of the ASID Alaska Chapter and the first WELL AP in the State of Alaska. Additionally, her educational ambassadorships with the International Living Future Institute (ILFI) has positioned her as a national advocate in health and resiliency as it relates to building environments. Cara balances her professional obligations and affiliations with her most important responsibilities and loves of her life: her husband and four children.