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## **LAUREN ADAMS**

Lauren Adams has quickly made a name for herself as a New York based actress, comedian, and improviser, bringing to life witty, sharp, and undeniably funny characters. She has appeared as a series regular on Netflix's "Unbreakable Kimmy Schmidt" for all three seasons, as Indiana Mole Woman "Gretchen Chalker." The show has received rave reviews from critics, being called the "best new comedy of 2015" by TV Guide. She has also recurred on the last season of Hulu's "Deadbeat."

Lauren got her start in Potomac, Maryland. She has been in love with entertaining and creating characters for as long as she can remember, and at age 10 she would browse through the Washington Post for auditions and convince her parents to take her out. She began in theater, performing at the Warner Theatre and Kennedy Center in DC, and with the Prospect Theatre Company in New York. She went on to star in dozens of commercials, including AT&T, Chapstick, Coffee Mate, and Smirnoff.

Lauren has had extensive training at Upright Citizen's Brigade and has a degree in Music Theatre from Elon University. At UCB she has studied with Bobby Moynihan, Lennon Parham, Zach Woods, Michael Delaney, Anthony King and Chris Gethard. Over the years, she has performed on countless UCB house teams for sketch and improv, specialty shows, and her own solo shows.

