

SPEAKING: HEALTH & VITALITY

A vision to raise the bar on health and vitality while lowering personal and corporate health care costs.

With over two decades of experience in the healthcare field, Judy Burgio has become a thought leader on the future of the industry. She draws upon her traditional clinical practice – as an advisor and consulting pharmacist to hospitals – as well as her work as an Integrative Health Specialist promoting whole health and vitality.

Judy combines the *mind of a scientist*, the *skill of a seasoned coach*, and the *heart of a compassionate practitioner*. In her presentations, she focuses on the emerging new technologies and insights in healthcare as well as the latest techniques for ensuring sustainable change.

Judy presents fun, heartfelt, and content-packed programs. She will light up the boards with new insights, ideas, and practical techniques that can immediately be put into practice and make change that sticks. Utilizing her experience working closely with people making extraordinary personal and professional change, she shares compelling personal stories that her audiences can relate to.

Judy has a unique and bold vision for transforming the industry's future. She is equally comfortable speaking about the health needs of individuals and describing her bold new vision for the future of healthcare in our country.

Whether you are a leader, practitioner, or individual you will benefit from:

- *Revitalizing your energy, enthusiasm, focus, and performance*
- *Recognizing the role of choice, attitude, beliefs, and assumptions in transformative change*
- *Reclaiming your own resilience from the inside out*
- *Harnessing the power to master personal change for professional success*
- *Cultivating inquiry into the overarching questions of health, happiness, and success*

Current Health & Vitality Presentations:

– **The Three Simple Secrets to SuperCharge your Health and Vitality**

Winning the nutrition game with tips for making it stick

– **How to be an Empowered Patient in the Healthcare System**

From confusion to clarity – what everyone should know before they get sick

– **Personal Vitality: The Hidden Link to Professional Success**

Nutritional tips for the savvy and busy professional

– **Growing Younger by Choice**

Learn simple strategies for maintaining youthfulness at any age

– **Beyond Stress: Building Resilience and Life Blending from the Inside Out**

From chaos to clarity—living with stress and making it work for you



For more information, call Judy at **415-381-2858** or email info@judyburgio.com

For more topics, and to learn about Judy's COACHING and WEBINAR programs, visit www.judyburgio.com



“Judy’s expertise, motivational style, and professionalism stand above other wellness speakers encountered.”

Susan Pon-Gee, Senior Manager, Health & Welfare and Global Wellness, Levi Strauss & Co.