

VIRTUAL WORKSHOP

Leading From the Heart

With Janet Solie, PA, MS



Dates: Thursday, August 11

Time: 12:00 – 1:00 pm

Location: Online (Zoom)

Cost: No Cost

RSVP: www.cancersupportvvsb.org
programs@cancersupportvvsb.org
or calling 805.379.4777

Workshop Description:

Janet Solie, PA, MS, a retired physician assistant, an integrative health coach, and a cancer survivor reveals the secret weapon that we all carry with us to reduce stress and how this secret weapon works. She will share her story about how she discovered the secret to better living. We will look at the heart-based science for stress management, practice some short heart-based meditations and explore the interior conversations that happen every day between our heart and brains about stress, cancer, work, and health.

About our presenter:

Janet Solie is the founder of Health Coach Advantage. She received her training as a Health Coach at Duke Integrative Medicine Center for Living in Durham, North Carolina. Ms. Solie spent several years in a private family practice and as a faculty member for a Glendale Adventist family practice residency program. She now works exclusively with private clients as an Integrative Health Coach and focuses on topics of special interest including food as medicine, chronic illness, optimal health, and surviving breast cancer.