

Coach
Dr Julie

HEALTHY LIVING SPEAKER | WRITER | WELLNESS CONSULTANT



COACH DR, JULIE

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Julie delivers talks focused on how to optimize your brain health by improving your overall wellness. She uses her background in medicine, brain fitness, addiction, and wellness to reinforce talks in areas such as: cognitive health, lifestyle changes, physical activity, nutrition, stress, and creating new habits.



As a speaker for the Alzheimer's Association she enjoys being bilingual (Spanish and English) and give both virtual and live presentations in brain and body health and on preventing cognitive decline. Sometimes alone or in collaboration with other presenters such as other doctors and neuroscientists.

She is available for wellness consulting sessions and for speaking to corporations, groups, and workshops. Her topics are customized to the specific audience on areas such as: cognitive decline, brain and body health, employee wellness, lifestyle changes and topics related to overall wellness.

CORPORATIONS:

For employees to be productive they need to be healthy. When employees are healthy, they had been educated in topics that have motivated them to be proactive. Julie simplifies complicated health information and help participants on how to balance a healthy life by managing physical and mental stress. Julie also focuses in brain health challenges and how cognitive health can be affected by many factors and be counter productive at work. Talks are customized for a company's goals, disciplines, and management teams.

JULIE HAS BEEN FEATURED IN BOTH NATIONAL AND LOCAL PUBLICATIONS AND LOCAL MEDIA.

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