



Susan Ezra, RN, HN-BC, NC-BC  
Susan is a Board Certified Holistic Nurse and Coach  
offering

*Mind-Body techniques to address the effects of stress, chronic pain, life challenges/ changes, pre/post surgery, and acute/chronic illness*

**You can accomplish your health goals more successfully with an empowering coach!**

Drawing from 30 years experience as a certified holistic nurse and guided imagery practitioner and now a certified nurse coach, Susan works with the mind-body-emotions-spiritual level to activate the innate healing response in each individual. She uses holistic coaching and Integrative Imagery, as well as relaxation techniques, Emotional Freedom Technique, and Chi Gong.

45-60 minute 1:1 sessions/ \$60-85 In person, Wednesdays 2-5pm. Fairfax, CA, or by phone or Skype

CALL FOR AN APPOINTMENT:

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