



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

Health and Wellness Coaching

To maximize your wellness in survivorship

COACHING is a powerful tool to:

- ~ Look at where you are and where you want to be
- ~ Define and meet your health goals
- ~ Address life-style changes in nutrition, exercise, habits, etc.
- ~ Maximize your health and well-being
- ~ Become a stress-hardy person
- ~ Incorporate healthy self-care practices

COACHING is:

- ~ enjoyable and effective,
- ~ by conference call, in person or Skype,
- ~ 1:1 individual sessions or
- ~ In a group of 4 people, supporting each other, in an 8-week series

Susan draws from many years as a certified holistic nurse, cancer care practitioner, expert in guided imagery and other mind-body modalities, and in health and wellness nurse coaching. She is passionate about activating the innate healing response and igniting empowerment in each individual.

For more information, make an appointment or sign up for a group, contact:

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