



Susan Ezra, RN, NC-BC, ACC

Susan is a Board Certified Health Coach and Holistic Nurse 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 stress management, Emotional Freedom Technique, and Chi Gong.

45-60 minute 1:1 sessions/ \$95 In person, Wednesdays 2-5pm or by appt. Fairfax, CA, or by phone or video conferencing.

CALL FOR AN APPOINTMENT:

[415-308-7808](tel:415-308-7808)

www.susanezra.com

susan.ezra@gmail.com