



# Dr. Liz Lyster

## Event Introduction

Dr. Liz Lyster, Women's Midlife Health Expert, is passionate about empowering you through change.

As a Board Certified OB/GYN doctor for over 30 years, Dr. Liz has helped women and men increase energy, reignite their sex drive, clear up hormonal imbalance, and lose hundreds of pounds. She is the author of several books, including "Dr. Liz's Easy Guide to Menopause: 5 Simple Steps to Balancing Your Hormones and Feeling Like Yourself Again" and the International Bestseller "Go for GREAT: Dr. Liz's Guide to Thrive at Every Age".

After graduating from Cornell University with honors, Dr. Liz went to medical school at the University of California, Irvine, followed by her OB/GYN residency in Los Angeles. To expand her commitment to teaching, Dr. Liz got a Masters of Public Health degree from UCLA in Community Health Education. Dr. Liz enjoys her private medical practice in Foster City.



Dr. Liz walks her own talk. To model growing older with grace, agility and power, Dr. Liz celebrated turning 50 a few years ago by climbing Mt. Kilimanjaro. She is a continuous learner, having logged thousands of hours as a leader, participant, or volunteer in personal development programs since the age of 19. She is the mom of two adult sons, and enjoys hiking and Argentine tango dancing with her husband.

Dr. Liz's patients and audiences love her warm, humorous energy combined with her expertise and ability to provide fantastic results.

Book Dr. Liz at  
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