



Women's Midlife Health Expert

SIGNATURE TOPICS

Dr. Liz combines her personal experience, medical training, and extensive knowledge to provide engaging, humorous, and eye-opening presentations. She breaks down complex medical information into pearls of wisdom. Whether live or virtual, her audience walks away inspired and with actionable items to triumph over fatigue, weight issues, hormonal imbalance, and others.

- ✓ "Bring Sexy Back: Regain Your Vitality at Any Age"
- ✓ "Unstoppable Stamina: Health Hacks to Keep You Going"
- ✓ "Overcome Fear and Step Into Action" (Safety of HRT)
- ✓ "Go For GREAT! Keep Your Brain Sharp at Every Age"

Empowering You Through Change

www.DrLizMD.com