

Jennifer Cooper

**Holistic Health Counselor at ORs & OMs
Wellness**

Baltimore, MD, US

It's time to shake things up a bit!

Description

Are you afraid of vegetables? Easily embarrassed? Concerned about strangers' opinions of you? Then, I'm not your girl.

BUT

if you're bored with the patterns you've created, fantasize about things like flash mobs, and are ready to make some changes,

CALL ME.

It's time to kick your groove up, and get your shine on.

We're going to be messy and impolite about it. Food may be burned. Shoulds will be abandoned. Muscles might be pulled. We will shun perfection. There may be some cursing. People might stare.

And, while we're reshaping and reconvening and rediscovering, we WILL have one hell of a good time.

Contact me to sign up for YOUR reinvention sessions.

Availability

Workshop, Author Appearance

Industry Expertise

Health and Wellness, Education/Learning, Mental Health Care

Topics

Health & Wellness, Mental Health, Stress Management, Re-Invention, Nutrition & Lifestyle Changes

Affiliations

Institute for Integrative Nutrition, USPRA

Sample Talks

The Art of Re-invention

If it's time to shake things up, to make some changes, and to decide to step into who you truly are, it's time to re-invent.

This interactive engagement provides:

- concrete resources
- proven and effective strategies
- creative techniques

...toward becoming the YOU you are designed to be.

Past Talks

Let's Communicate!!

Group counseling

Education

Institute for Integrative Nutrition

Certification Holistic Health Counselor

Georgian Court College

M.A. Candidate Counseling Psychology

Mount Saint Mary's College

Psychology/Fine Arts - Theatre BS/BA

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