

# **Jennifer Cooper**

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

Baltimore, MD, US

It's time to shake things up a bit!

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## **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.

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## **Availability**

Workshop, Author Appearance

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## **Industry Expertise**

Health and Wellness, Education/Learning, Mental Health Care

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## **Topics**

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

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## **Affiliations**

Institute for Integrative Nutrition, USPRA

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## **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.

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## **Past Talks**

**Let's Communicate!!**

Group counseling

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## **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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