



"Pause for Wellness"™

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Brief Biography: Donna L. Hamilton, MD, MS

Health and Wellness Luminary Donna Hamilton, MD has a mission to help everyone live the healthy, satisfying lives they're meant to lead. Dr. Hamilton retired her white coat and stethoscope so she could teach women what it really means to be healthy and how to do it in a way that addresses their unique needs. An energetic and engaging speaker, Dr. Hamilton speaks nationally on wellness promotion at conferences and workplaces teaching a holistic approach that addresses mental, emotional, social, spiritual and physical wellbeing. Her innovative combination of more than 20 years traditional primary care experience combined with a holistic and comprehensive wellness philosophy provides effective strategies for improving health. This empowers her participants in taking effective steps toward becoming optimally healthy.