



*"Pause for Wellness"®*

208 Eagle Valley, Suite 170  
East Stroudsburg, PA  
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**Event Introduction: Donna L. Hamilton, MD, MS**

Medical Doctor and Holistic wellness luminary Donna L. Hamilton, MD 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. A former board certified pediatrician, Dr. Hamilton now uses her health promotion expertise to help adults learn about health and well-being. As a pediatrician she quickly learned the key to achieving optimal health in children: optimize the health of the adults in their lives. Years later this simple but often overlooked fact prompted Dr. Hamilton to create Manifest Excellence, a health promotion and empowerment company.

A gifted holistic wellness speaker, Dr. Hamilton presents national wellness seminars and workshops at conferences and workplaces. Participants learn practical tips and tools that help optimize their wellness by addressing the five key areas impacting health. The innovative combination of more than 20 years traditional primary care experience combined with her holistic and comprehensive wellness philosophy provides effective tools and strategies for creating true wellness. Her informative and encouraging wellness talks assist participants in taking effective steps toward becoming optimally healthy.