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“Pause for Wellness”™

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Biography: Donna L. Hamilton, MD, MS, FAAP

Corporate Wellness Strategist, Bestselling Author, and Holistic Wellness Speaker Donna L. Hamilton, MD, is the CEO and Chief Wellness Officer of Manifest Excellence, LLC. She is on a mission to help everyone live the healthy, satisfying lives they're meant to lead. A dynamic speaker and wellness luminary, Dr. Hamilton hung up her white coat and stethoscope to move beyond her thriving career as a board certified pediatrician, now specializing in health optimization. Dr. Hamilton works with business leaders to incorporate health and wellness solutions into their business success strategies and problem solving toolkit. She also speaks nationally at corporations and conferences about holistically improving health and well-being in a way that addresses your unique needs.

A former Director of Adolescent and School Health Services, Dr. Hamilton quickly learned the key to achieving optimal health in children: optimize the health of the adults in their lives. She frequently saw external factors such as stress, environment, and relationships impact not only her patients' health but also their caregivers. Addressing these psychosocial issues often played a major role in her patients' ability to become healthier. She now passionately works to help adults improve their personal wellness by addressing similar factors.

Dr. Hamilton's education includes receiving a Bachelor of Arts degree in Sociology from the University of Virginia, a Master of Science degree from Rutgers University and a Doctorate of Medicine degree from Thomas Jefferson University. She completed her pediatric residency at the University of Minnesota and was board certified in pediatrics throughout her clinical career.

Dr. Hamilton is co-author of three Amazon best-selling books: *Wellness Your Way*, *Voices of Inspiration, Volume 3* and *Wisdom of Midlife Women 2*. Her wellness wisdom has been featured in numerous media outlets including ABC, CBS, NBC, FOX, NPR, Investors Business Daily, Inc.com, American Express Open, MSNBC.com, More Magazine, LadiesHomeJournal, Jet Magazine and Martha Stewart's WholeLiving.

For more information, or to book Dr. Hamilton for speaking engagements, visit www.ManifestExcellence.com.