



"Pause for Wellness"®

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Event Introduction: Donna L. Hamilton, MD, MS, FAAP

Physician, holistic wellbeing strategist, media figure and four time bestselling author Donna L. Hamilton, MD is one of the most innovative health promotion voices in the United States. A trailblazer, Dr. Donna, moved beyond her white coat and stethoscope so she could teach what it really means to be healthy. And, she did it at a time when almost all other physicians were limiting their services to traditional clinical settings.

A former board certified pediatrician, Dr. Donna quickly learned that the key to achieving optimal health in children was to first optimize the health of the adults in their lives. This prompted our health pioneer to embark on a new path toward improving the health of our society. She now uses her expertise to teach adults how to become healthier using holistic and trauma-informed strategies.

An engaging and dynamic international speaker, Dr. Donna presents health and well-being seminars, workshops, and strategy sessions at conferences and workplaces. Her work has supported many organizations, including some on the Fortune 100 list. She has been featured in numerous media outlets including ABC, CBS, NBC, FOX, NPR, Fortune, Investors Business Daily, Inc., American Express Open, MSNBC.com, More Magazine, Ladies Home Journal, Ebony, Jet, and Self magazine.

Her participants learn practical tips and tools that inspire them to move forward and function at their best in mind, body, spirit, and life.

Let's welcome Dr. Donna, as we prepare to receive practical pearls of wisdom for improving our health and well-being.