

HOLLY ATKINSON, MD

on Womenfluence™



Dr. Atkinson is a physician, medical columnist, TV host, author, human rights leader, educator and experienced CEO. A well-known media personality, she served as medical correspondent on NBC's Today show and The CBS Morning News, and is currently Chief Medical Editor of HealthiNation, the leading health video network. In this role, she is host of U.S. News's "America's Best Hospital" video series. She is also Assistant Professor of Medicine and Co-Director of the Advancing Idealism in Medicine Program at the Mt. Sinai School of Medicine. Dr. Atkinson is past president of Physicians for Human Rights, co-recipient of the 1997 Nobel Peace Prize.

WHAT IS WOMENFLUENCE™?

Womenfluence™ is a term coined by Dr. Atkinson to describe the extraordinary influence women have on health and well-being—both in the home and the marketplace. Women decisively affect their own health, as well as influence the health of family members and friends. Overall, their role as arbiters has a major impact on the use of healthcare resources. Simply put, women are the gatekeepers into our healthcare system and are a tremendous force for change in both the personal and the public realm. By investing in women's fluency about health and by harnessing women's passion about well-being, we can achieve healthy lifestyles and build vibrant communities.

MOST REQUESTED KEYNOTES:

The 5 Keys to Your Best Health

We are living in "a land flowing with milk and honey," and it is killing us. Our Western lifestyle drives inflammation in the body, playing a primary role in the development of killer diseases. Further, our society promotes shallow and self-centered behavior, leading to depression and despair. Our deliverance, insists Dr. Atkinson, will come not from diet or exercise alone, but from expanding our sense of what it means to live a good life. What is the good life? Revolutionary new studies reveal that "doing good is good for you."

In this hard-hitting and life-changing session, participants discover how to:

- Achieve their best physical health, including goals of losing weight, looking and feeling better;
- Cool the flames of inflammation and unleash natural sources of healing and energy;
- Infuse purpose and meaning into their lives, creating more joy and fulfillment.

This speech is a must hear for anyone interested in staying healthy in today's stressful world!

Women, Stress & Fatigue: Best Solutions

Stress and fatigue are problems that increasingly plague American women. And too often, we are not taken seriously. Increased economic hardship—added to balancing work and family, caring for aging parents, and coping with the daily onslaught of demands, just to name a few—have all contributed to unprecedented levels of stress and fatigue. But the good news is something can be done about it. Speaking from her personal experience and that of myriad other women, Dr. Atkinson lays bare the major energy drainers and major energy boosters, and gives powerful practical pointers on how to beat stress and tip the balance in favor of energy.

In this fun-filled session, participants will learn:

- A potent method that reveals personal sources of stress and fatigue;
- How to boost mental and physical energy levels;
- How to conquer stress and have something left for themselves.

Women come away from this speech having laughed a lot and learned a lot not only about how to conquer fatigue, but how to live their best lives.

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WHY DR. HOLLY ATKINSON?

Dr. Atkinson is expert at helping people make meaningful change in their professional and personal lives. She cuts through the clutter of information, health research and media hype, offering both practical advice and inspiration. Her clients describe her as warm, down-to-earth, funny, and motivational. Her high level of energy and passion, coupled with her life-altering messages leave audiences exhilarated and wanting more. Atkinson's captivating and compelling style motivates participants to close the gap between information and action, helping them set, achieve and surpass goals, and to reach maximum wellbeing.

WHAT DR. ATKINSON'S CLIENTS SAY...

"You were a huge hit with our attendees. Throughout the remainder of the conference, we heard women referring to tips you provided...Your presentation was informative, practical and delivered in an entertaining manner. Job well done!" - Diane Windholz, Esq., Jackson Lewis LLP, New York, NY

"I can't convey to you fully how much I appreciate your making the inaugural public education venture of the Dayton Heart Hospital's Heart Foundation the smash success that by all measures it was. We have been deluged by favorable comments and questions about the next event. Your talk was right on target and your message crystal clear."
- Dr. Sylvan Weinberg, Dayton Heart Hospital Foundation, Dayton, OH

"It was a great seminar on Saturday. Thank you for sharing your wealth of knowledge and wisdom. You will be thrilled with your evaluations. They are terrific." - Chris Summerfield, Baptist Hospital East, Louisville, KY

"Everyone here is still talking about how lovely, polished and wonderful you are. We are so lucky to have had you! Your - message hit home to our community." - Catherine Hagan, Carilion Health System, Roanoke, VA

"We are still receiving rave reviews about your presentation! The women really appreciated your accessibility, your humor and your candor."
- Betsy Hatfield, Boca Raton Community Hospital Foundation, Boca Raton, FL

"It was awesome. Dr. Atkinson was certainly the right choice for our group -- she was intelligent, entertaining, and very personable. Everyone enjoyed meeting her, working with her and becoming more educated on women's health issues." - Jamie Pickrell, Experience Events, Cornelius, NC

"Not only are you a fabulous speaker with a much needed message, but you are one of the most genuine, warm and friendly persons I have had the pleasure to meet!" - Mary Cline, Piedmont Medical Center, Rock Hill, SC

QUICK FACTS ABOUT DR. HOLLY ATKINSON

- Degrees in Medicine & Journalism
- On-air correspondent & regular health columnist for HealthiNation
- Author of best-selling book *Women and Fatigue*
- Former medical correspondent for NBC's *Today* show and *The CBS Morning News*, and host of PBS and Lifetime Medical shows
- Assist. Prof. at Mt. Sinai School of Medicine and at Weill Cornell Medical College
- Past President of Physicians for Human Rights, co-recipient of the 1997 Nobel Peace Prize
- Experienced CEO; founder and President & CEO, Reuters Health

CLIENTS INCLUDE:

American Telemedicine Association
American College of Cardiology
American Heart Association
American Medical Writers Association
American Society of Military Comptrollers
Anthem Blue Cross/Blue Shield
Aspen Technologies
BlueCross BlueShield of Vermont
Carilion Health System
CIGNA
Deloitte
Harris Corporation
Healthcare Financial Management Assn
Jackson Lewis, LLP
Lee Memorial Health Systems
Lehigh Valley Women's Cancer Center
Lewis Gale Medical Center
National Council of Prescription Drug Programs
National Assn of Boards of Pharmacy
Novartis
PhRMA Annual Meeting
Preferred Care
Premier, Inc.
Presbyterian Healthcare System
Regulatory Affairs Professionals Society
Reebok
Robert Wood Johnson Hospital
Rochester General Hospital
The Texas Conference for Women
United Way of Charlotte, NC
University Health Consortium
University of Illinois
University of Rochester