

RSVP to join us and **Ms. Julie Wilkes**, Motivational Speaker and North American Wellness & Disability Leader at Accenture, who is speaking to our group on:



"Staying Inspired and Positive Despite Serious Health Issues"

It is difficult to go through a serious health illness. Life changes. Our new normal is uncomfortable. It is easy to focus on frustration. Life coach, mindfulness expert and heart disease survivor, Julie Wilkes, will give real-life tips to reframe your mindset, elevate where you are, and help you to be your best in the good and the most difficult times. You will leave this session with a renewed sense of energy, inspiration and ideas that will help you create new habits of positive focus and good health.

Thursday, April 11, 2019

**6:00 pm - 8:00 pm in the Ross Heart Hospital Auditorium,
OSU Wexner Medical Center, 452 West 10th Avenue, Columbus, OH 43210**
(Light meal provided and a parking pass for the attached Safe Auto garage)

Julie Wilkes is a motivational speaker, brain and body well-being expert, entrepreneur, and joyful soul! She is the North American Wellness Lead at Accenture and the Director of Possibilities & Instructor at Severn Studies. Julie studied exercise science at The Ohio State University and international business at Marietta College.

Julie is a life coach and yoga master and travels nationally and internationally to share her expertise. Julie has spoken on wellness and demonstrated yoga at the Arnold Sports Festival, on Good Day Columbus, at various men's and women's empowerment/wellness events, at schools and universities, at business seminars, and other venues.

Julie was selected as one of the "25 Remarkable Women of 2016" by Role Model magazine for her impact in the world of health and wellness.

RSVP to Jeff Davidson at (614) 580-1561 or jadavidson@columbus.rr.com
Visit our website at: www.healingheartscentralohio.org

Healing Hearts members seek to inspire, comfort and support heart patients, their families, and people at risk for heart disease, throughout central Ohio. Since March 2011, our group has grown to over 300 members and made over 9,000 patient visits at the Ohio State Ross and University East Hospitals. We share heart success stories, strive to stay healthy long-term, and host educational meetings each month!