

## Integrative Health Coaching

Working with an integrative health coach can be one of the best investments for an individual's health and well-being following a diagnosis of cancer, both during active treatment and in the post-treatment survivorship phase. ***Get started today by signing up for individualized sessions!***

Integrative health and wellness coaches utilize a holistic patient-centered approach to guide clients in both developing realistic health goals and achieving those goals through ongoing support and accountability over a period of time. Integrative health coaches can play a crucial role in helping to fill a gap in the current disease-oriented healthcare system. The focus is aimed on optimal wellness and improved quality of life, as well as prevention/risk-reduction of chronic diseases through lifestyle behavior change.

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Integrative Health Coach, Oncology Nurse Practitioner, and Certified Yoga Teacher

I have had the great privilege of caring for many cancer patients in some of the top cancer centers in the country over my 30+ years as an oncology nurse, but one thing I have long felt was lacking in oncology care was a focus on prevention and health promotion for cancer survivors. My passion and deep desire to help cancer survivors and others enhance their overall health, focusing on body, mind and spirit, is what led me to trainings in integrative health and medicine. I completed the Integrative Health Coach Professional Training Program at Duke Integrative Medicine, as well as a 2-year clinical fellowship training through the Academy of Integrative Health & Medicine. As an integrative health coach and oncology nurse with a holistic approach to healing, my mission is to help individuals flourish despite the challenges from the threat of cancer. I would be honored to work with you on your healing journey!

To learn more please go to my website: <http://www.moonflowerhealthandwellness.com>