

Bonnie Barrett is a National Board Certified-Health and Wellness Coach. She partners with clients in their selected area of health focus which may include relationships, exercise/movement, nutrition, rest/sleep, personal/professional development, spirituality, or mind/body connection. In addition, she is certified as an Integrative Health Coach through Duke Integrative Medicine.

Denise Spector, PhD, MPH, ANP, RYT

Moonflower Health and Wellness, LLC

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>

John F. Evans, MAT, MA, Ed.D is a writing clinician and integrative health coach who works with groups, individuals, and health care professionals, teaching them how to use writing for better physical, emotional, and spiritual health. Evans has authored five books and has taught journaling and writing for self-development for over thirty years. At Duke Integrative Medicine, Evans has taught, Caring for Caregivers, Legacy Writing, Transform Your Health: Write to Heal, Leading Patients in Writing for Health, and Writing as a Tool for Integrative Health Coaches. He is founder and executive director of Wellness & Writing Connections, LLC and provides individual, group, and institutional life course guidance programs. Visit his web site for more information: www.wellnessandwritingconnections.com.