

Jersey Girls Speak Up:

We're all busy these days and there are so many decisions to make. You need to be your own health advocate, but where do you go for support? New Jersey is home to three powerful women who are helping people find the information and inspiration they need to live healthy and satisfying lives. We asked each of them to share what makes them tick, how personal experiences have moved them to help others change their lives and their communities.



Dawn Noble, RN, BSN
Co-founder of Wellness Possibilities
wellnesspossibilities.com

Dawn Noble goes beyond conventional healthcare by helping people incorporate healthy living into their lifestyles and their homes. Dawn is a registered nurse, professional organizer, speaker, author and entrepreneur. She is the founder of Balance and Beyond, a Professional Organizing business, and co-founder of Wellness Possibilities.

Nurse Dawn started exploring holistic modalities during her personal journey from infertility to natural conception and childbirth. She now has two beautiful daughters, daily reminders of how integrating wellness services can transform your health and your life.

As a speaker, Dawn draws on her professional experiences and sense of humor to create an inspiring, educational, and enthusiastic message. She has inspired thousands with her humor-filled presentations and workshops, at community events and in Fortune 500 companies. She has been quoted as an expert in Parenting Magazine, Family Circle, and other national publications.

"Too many people are walking in the dark of illness, sadness and disorganization, not feeling like they're alive in the moment. They crave something different, but can't even describe what it is they are looking for. Many feel guilty about not being in the moment but also believe there's got to be another way. I'm convinced that if we find the right resources, use the right tools and simplify our lives, we can live healthier, happier and more satisfied. I am committed to bringing information and inspiration to all who are on that journey."

About Wellness Possibilities

Wellness Possibilities is making it easy to find resources for dealing with life's challenges. They host an online directory of health and wellness professionals you can search by location, keyword or even by your wellness goal. They also create customized employee wellness programs which help companies reduce healthcare costs, and their Share the Wellness™ fundraiser program allows schools, churches and non-profit

organizations to raise money while promoting wellness in the community. They offer a universal wellness gift certificate redeemable with local providers for 200+ ways to live healthier, happier and easier. Learn more at wellnesspossibilities.com.



Nancy Massotto
Executive Director of Holistic Moms Network
holisticmoms.org

Holistic Parenting Expert and Executive Director of the Holistic Moms Network, Nancy Massotto is a dedicated advocate for holistic medicine and green living. She is the mother of two boys, both born at home.

Dr. Massotto has been a frequent guest on national radio and television programs including the award-winning Real Moms, Real Stories, Real Savvy show on PBS and Newsmakers appearing on CNN Headline News. Dr. Massotto and Holistic Moms have been featured in numerous newspaper stories on holistic parenting including *The Washington Post*, *The Sacramento Bee*, *Newark Star Ledger*, *The Bergen Record*, *Kiwi Magazine*, and *The Orlando Sentinel*, among others.

"I believe passionately about the power of personal change and the need to empower parents through information and education. Parenthood is often a threshold for transitioning into a healthier, greener consciousness where suddenly we become aware of the impact of our choices on our health, on our families, and on the planet. The experience of becoming a parent is transformative on so many levels and is, at the same time, incredibly daunting and challenging. Community brings us together, supports us and makes positive change possible."

About Holistic Moms Network

The Holistic Moms Network is a non-profit organization connecting parents who are passionate about holistic health and green living. Their mission is to support and educate parents about natural living and to help them explore holistic options that are available to them. They have more than 100 Chapters across the United States where parents connect, learn, and build a sense of community. Through local meetings, dynamic e-mail discussion loops, an informative e-newsletter, and more, members build strong support networks and often share life-changing advice and information that empowers them to create positive change within their families and their communities. Learn more at holisticmoms.org.



Louise Kuo Habakus, MA
Founder of Life Health Choices
lifehealthchoices.com

Louise Kuo Habakus, MA, is the founder of Life Health Choices and a board-certified health practitioner specializing in homo-

toxicology and integrative nutrition. Louise lectures widely on many subjects including empowered parenting. She has appeared on national and local TV, radio and print media, including Fox & Friends, ABC World News Tonight and the New York Times.

"I am only partly joking when I say that I got involved to save my family and friends from a perpetual onslaught of e-mails, mostly written in CAPS for emphasis. Cut off from this outlet to rant, it has been more productive (and fun!) to seek out other likeminded, passionate people. Big challenges notwithstanding, I've learned that we have a voice and we are more powerful than we think. It *actually is possible* to be the change we want to see in the world. My mission? I want politics and corporate greed out of my food, water, air and my kids' bodies. Each of us must look into the eyes of a child we love and tell him that we are doing our part to protect his legacy of freedom and well-being. It's time. And we're all accountable."

About Life Health Choices

Life Health Choices is an advocacy organization dedicated to improving lives, building community and creating change through informed choices which affect our health and well-being. They focus on creating alliances with like-minded organizations in support of common goals which include wellness, health freedom and political and corporate accountability. Learn more at lifehealthchoices.com

Meet the Jersey Girls!

All three of these health-promoting Jersey Girls will be speaking at the UMDNJ- *Saving Our Kids, Healing Our Planet* Green Expo on September 12th and 13th. In an unprecedented collaboration, the University of Medicine and Dentistry of New Jersey, NJ Medical School, and the City of Newark are all partnering with SOKHOP to bring to New Jersey this unique program focused on children's health and sustainable living. More information at sokhop.com.

Central Jersey Birth Services

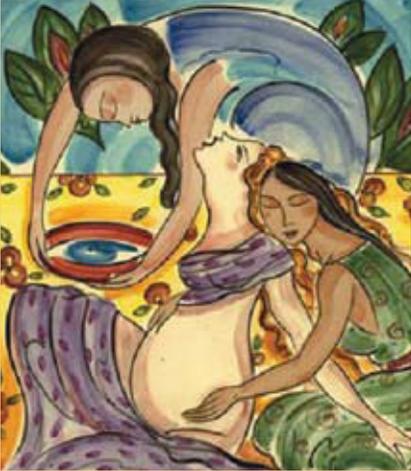
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Carolyn Flynn-Vasquez, CD
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