

Liz Aguirre MD



Physician ~ Professional Speaker ~ Mom ~ Wife
Personal Well-Being Enthusiast

Dr Liz Aguirre is a Board-Certified Internal medicine physician with 10 plus years of experience. She is passionate about Person Centered Wellness and believes that health is not just about you as an individual but also about all the individual things that make you who you are. This includes your environment, relationships, and all the trials and tribulations that you've experienced in your lifetime which impact how you think, what you believe and finally your behaviors. This understanding and her openness to talk about her own personal experiences has allowed her to connect with audiences at a deeper level. She discovered her passion for speaking as a means to help serve others and uses her voice to teach audiences how to optimize their personal and professional lives through focusing on physical, mental and spiritual health.

Speaking Topics

- General Wellness
- Finding Your Best Self
- How To Find Happiness In Your Career
- Achieving High Energy States
- Overcoming Obstacles
- Imposter Syndrome

Testimonials

Today's presentation was awesome. I needed to hear that today. Thank you for the ray of sunshine and the reminder that self-care is most important.

-Melanie F.

"Thank you so much for sharing your personal story and for the wellness presentation. I enjoyed how you presented and included your life experiences to show the struggles "are real", how they pertain to presentations in our job capacity, and how we can apply your strategies to better not only our techniques but our mindset outside of work"

-Heather T.

Wow! Amazing presentation! I feel I can conquer the world after hearing you speak today. Thank you for being so transparent. I wanted to give you a hug.

-Ann N.

Contact

Find Liz Aguirre MD on the following platforms



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Optimal Body Mind & Spirit