



# Dr. Blumell

## *Building Up and Building Out*

sisterwells.org

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Your ability to love yourself first, sets the foundation for the love you can share with others. Start building up love for self, today!



LinkedIn  
@drcharlablumell



facebook  
@SisterWell

## Education & Coaching

### Women and Leadership

*Designed to build an entire culture of internal mentoring, support and development.*

### Queer Health & Wellness

*Working to reduce the health disparities facing the LGBTQ+ population, while promoting health equity.*

### Meditation and Mindfulness

*Meditation allows for presence of mind, and creates an opportunity to receive and give love.*

### Your Wellness Matters

*Personal health can and does change, by understanding the varying dimensions, and focusing our efforts in a positive direction its a major step in being well.*

## ***Strong Relationships Are Built...***

**Charla's wellness experience includes over a decade of teaching in the public and private sector. She is a well known educator, facilitating, and presenting for several local/regional colleges and universities, as well as the surrounding community, since 2001.**



Wellness Matters

### Offerings

1 hour workshop

Keynote address

Half day seminar

Full day seminar

1 hour Workshop/Training

Panel/Roundtable Discussion