

LIVE MY HEALTH

FOUNDED BY: LAUREN HAWKINS

Overview

Live My Health is a dedicated space that allows you to empower yourself to take control of your health. Living an authentic life that resonates with balance and wellness is within your grasp! Here you'll find the resources, information, and support you need on your journey to better health. Live My Health creates advocates who are equipped and empowered through education to make healthy decisions for themselves, their families, and ultimately their communities. This is a 12-Week Transformative Group Experience to help you align to the deep personal wellness you deserve so that you cannot just live healthily, but truly be healthy from the inside out. Also discover the amazing 3-month bi-weekly sessions open this quarter to help you focus on your personal wellness.



Background

Lauren Hawkins is a UB alumna, owner and founder of Live My Health. She graduated with a bachelor's degree in African-American/Black Studies, and Pre-medicine in 2011. In 2018, she obtained her degree in Naturopathic Medicine here at the University of Bridgeport.