

CENTRAL FLORIDA'S

Health & Wellness[®]

MAGAZINE

February 2023

Polk/Brandon Edition - Monthly

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**WHH RESIDENCY PROGRAM
CELEBRATES
100TH BABY DELIVERY**

**UNSIGHTLY VEINS CAN
INDICATE DEEPER PROBLEMS**

FREE



**CHRONIC PAIN:
WHAT YOU SHOULD
KNOW ABOUT YOUR
TREATMENT OPTIONS**

**INNOVATION SENIOR
LIVING COMMUNITIES –
REDEFINING VALUE
IN SENIOR LIVING**

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WHH Residency Program Celebrates 100th Baby Delivery



On Dec. 5, Arlene Cancel (center) gave birth to her son, Leonardo, aided by the Florida State University College of Medicine Family Medicine Residency at BayCare Health System (Winter Haven) residents and faculty for the program's 100th delivery. From left: Dr. Akhila Reddy, Dr. Rosa Joseph, Dr. Ashley Falk, Dr. Leah Shell and Dr. Naxdaris Gonzalez.



From left: Dr. Ashley Falk, Eleuterio Cancel (Arlene's father and Leonardo's grandfather), and Dr. Leah Shell.

Eleuterio Cancel knows the physicians who deliver babies at Winter Haven Women's Hospital (WHWH) pretty well. He's been a security guard at the hospital for three years. On Dec. 5, though, he was particularly interested as Dr. Naxdaris Gonzalez and Dr. Akhila Reddy checked in.

That's because they were there to help Eleuterio's daughter, Arlene, deliver her second child and Eleuterio's newest grandchild.

The birth was a landmark for Drs. Reddy and Gonzalez as well as the rest of the Florida State University College of Medicine Family Medicine Residency at BayCare Health System (Winter Haven). The delivery is the 100th since the residency program began delivering babies at WHWH in January 2021. Altogether, the program has delivered 104 babies so far, due to multiple birth deliveries.

"This is an exciting milestone for our program," said Dr. Ashley Falk, who is one of the faculty and an associate professor at the program. She consults with the resident physicians and rounds with them when they visit patients. "And to be able to deliver the grandson of our valued team member who we know so well makes it more special for our team."

As with most new moms, Eleuterio's daughter was counting down those last days by the time her son, Leonardo, decided to make his entrance.

"It was long and painful," she laughed, adding that she was in labor for about 10 hours. "But it was nice knowing these doctors were here to help and support me and my family."

Arlene, 20, is also well-known to the team – this was her second delivery at the hospital under the care of the residency program. Her firstborn, a daughter

named Solmary, is 18 months old, also delivered by Dr. Reddy and team in 2021.

And the whole family will be continuing its relationship with the residency program, across the street from the hospital at the residency program clinic, which serves patients of all ages.

Eleuterio caught up with his daughter's care team at the security station the day after her delivery.

"Thank you all so much for taking care of my family," he told them.





In 1967 the Beatles released a song titled “All We Need Is Love” which sat atop Billboard's charts for eleven consecutive weeks. Their manager at the time stated, “... they really wanted to give the world a message... it is a clear message saying that love is everything.” In fact, the simple chorus repeats the words: “all you need is love...”

What a message for the world to hear!

During the month of February, many of us focus on the idea of love (thanks to Valentine's Day), but really the message of love is timeless and not bound by a simple holiday.

And to be totally truthful, The Beatles did not invent the idea that “all we need is love.” That was a message taught and written long before they made it popular... about 2,000 years earlier by Jesus.

Jesus often found Himself in a tight spot as He had a tendency to upset what traditional religion had established in His lifetime. Jesus often spoke against the religious leaders of His day and offered a better way – a way founded in grace (not rules) and love (not guilt).

In fact, there was one exchange recorded in the New Testament where a lawyer came to ask Jesus a question with the hopes of trapping Him with His words. Here is that exchange as recorded in the Gospel according to Matthew:

"Teacher, which is the most important commandment in the law of Moses?" Jesus replied, "'You must love the LORD your God with all your heart, all your soul, and all your mind.' This is the first and greatest

commandment. A second is equally important: 'Love your neighbor as yourself.' The entire law and all the demands of the prophets are based on these two commandments." – Matthew 22:36-40 NLT

Do you see that? What does Jesus say is the most important thing? Love. We are supposed to learn to love God with all that we are – our minds, our hearts, our bodies. And then we are supposed to love others. But then He goes on to say this: everything else hangs in the balance of these two things.

So, what does that mean for you and me? It's simple – not easy – but simple. If we learn to love God and love others, then everything else will take care of itself.

Think about it – if I learned to love everyone (not just the people I like), how differently would my relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: “Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”. – 1 Corinthians 13:4-7 NLT

Here is an exercise for us to see how we are doing. Go back and read the quote above, but this time, every time to get to the word “love” or “it” put your own name in its place. Then ask yourself: how am I doing? (It's a simple formula – not an easy one.)

So in this month where we set aside a day of love, let's make it a lifestyle not just a holiday Because remember, The Beatles were right (just not the first) to say: “All You Need Is Love.”

Brent Myers



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UNSIGHTLY VEINS CAN INDICATE DEEPER PROBLEMS

“YOU CAN’T TELL A BOOK BY LOOKING AT ITS COVER.”



Many women and men are concerned about the appearance of spider veins and varicose veins. These veins, which can cause a spider web appearance in the skin, or big, unsightly bulges underneath the skin, can also cause a person to have symptoms and are signs of vein disease.



Ignoring these problems and not treating them can lead to a progression and further damage to the tissue of the lower leg. Some of the symptoms and signs of vein disease occur **predominately in the lower leg.**

Some of the symptoms include:

- Subtle feeling of fullness
- Mild aching, heaviness or pressure
- Fatigue as the day progresses

Some of the signs include:

- Swelling, which can be minimal but significant
- Rough, dry skin sometimes accompanied with itching
- Big, unsightly bulging veins underneath the skin
- Spider veins, the unsightly 'webs' in the skin itself, while considered cosmetic, usually indicate deeper problems

Over time, if untreated, vein disease can lead to more significant issues and more damage to the lower leg including, thickening and drying of the skin and discoloration, prominently a brownish color or, if the patient has been up on their feet for long periods of time, these sometimes subtle signs can lead to the possibility of an ulceration or sore around the ankle area.

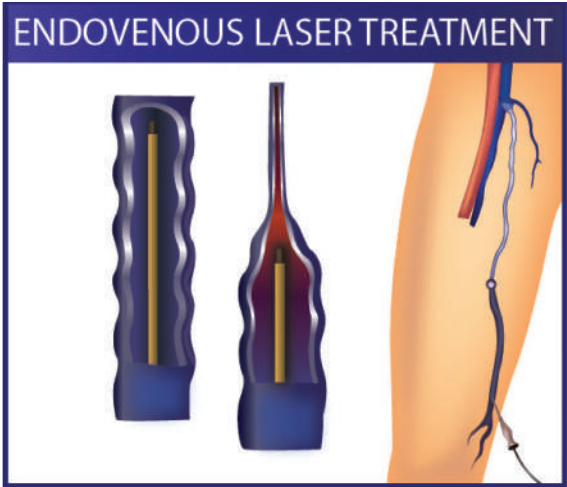
Fortunately, with today's technology, these issues can be dealt with in a very minimally invasive way with very little discomfort. Patients can return back to normal activities very quickly. At Vascular Vein Centers we use Endovenous Laser Treatment, which employs the thermal closing of diseased veins. We then use a foamed chemical to treat the actual varicose or bulging veins. These two measures are used to close the source veins. We then use a foamed chemical to treat of the actual varicose or bulging veins. This is done in an outpatient clinical setting avoiding surgery.

These procedures are covered by most medical insurances, including MEDICARE.

Anyone concerned about the appearance of their veins should have a thorough physical and ultrasound evaluation to examine the underlying cause. This can be done quickly with very little disruption in one's normal schedule and activities. We strongly recommend wearing graduated compression stockings, hose or leggings while working or in situations where a person is on their feet or sitting for prolonged periods of time.

Vein health equates to leg health.

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CHRONIC PAIN: WHAT YOU SHOULD KNOW ABOUT YOUR TREATMENT OPTIONS



CHRONIC PAIN CAN LEAD TO DEPRESSION, ADDICTIONS, ANXIETY, STRESS, ISOLATION, AND EVEN SUICIDE. OVER 116 MILLION PEOPLE SUFFER FROM VARIOUS TYPES OF CHRONIC PAIN DISORDERS RANGING FROM FIBROMYALGIA, OSTEOARTHRITIS, NEUROPATHY, BACK, HIP AND NECK PAIN, JUST TO NAME A FEW. WHETHER TRAUMA OR DEGENERATIVE DISEASES HAVE CAUSED YOUR PAIN, THE CONSENSUS IS USUALLY THE SAME; PEOPLE WANT THEIR PAIN TO GO AWAY. BUT HOW DO YOU KNOW THAT THE OPTIONS YOU'VE BEEN GIVEN ARE RIGHT FOR YOU?

An effective pain doctor uses all available treatments in a combined or multimodal approach. This means combining holistic treatments, medical therapies, physical therapy, and procedures to reach the desired goals and results of the patient.

Our providers at **Excel Pain and Spine** pride themselves on being trained and experts in the field of interventional pain. Interventional pain is the use of procedures to reduce pain and reduce the need for opioid medications.

Our clinic, **Excel Pain and Spine**, was founded with one principle in mind – to provide the best possible care to patients above all else.

We do this by providing access to the latest treatments (traditionally only available at large medical institutions) and delivering them in our local community as part of individualized treatment plans crafted with the patient's best interest in mind.

Excel Pain and Spine has four double boarded pain physicians to treat your specific needs and to custom tailor a plan that's right for you.

MORE OPTIONS THAN JUST OPIOIDS

A myth is that pain management doctors only prescribe opioids. Providers can try many other well-studied medications for pain, including membrane stabilizers, antidepressants, anti-Inflammatories, and muscle relaxers.

Opioid medications have multiple risks and side effects, including constipation, sleep disorders, osteoporosis, sexual dysfunction, and accidental overdose. A pain management physician judiciously uses these medications only when appropriate and carries out the proper management and monitoring to ensure safe use.

Interventional therapies prescribed by pain management doctors include spinal and joint injections, nerve blocks and ablations, regenerative medicine injections, minimally invasive spinal implants, and nerve stimulators to block pain signals.

Pain management doctors aid with the coordination of care and referrals with other treating specialties, including physical therapists, chiropractors, surgeons, and primary care providers. Many patients who can gain relief from a pain management doctor have had surgery and continue to have pain, or patients who cannot have surgery and must find other avenues for relief.

The practice of pain management has evolved over the last 20 years. Board-certified pain management doctors are equipped to manage the full scope of new and old injuries or syndromes causing pain. These doctors have the unique ability to combine a vast array of treatments and therapies with to improve a patient's quality of life. Any patient suffering from pain and not getting the relief they need should consider evaluation with a pain management doctor.

MAKE YOUR JOURNEY LESS STRESSFUL

As physicians who are genuinely interested in providing positive patient outcomes, we recognize that the road to pain relief is a journey. In addition to providing customized, personalized treatment plans, we strive to deliver positive friction-free experiences at every touchpoint to make the journey as stress-free as possible.

This is particularly vital when patients suffer from a work-related or personal injury, and time is of the essence. Our team prides itself on its ability to seamlessly coordinate care plans with personal injury or worker's compensation advocates to best serve our patients.

HELPING YOU NAVIGATE WORK RELATED ACUTE TRAUMA

The delivery of healthcare services is fragmented and complex, and one can quickly become exhausted trying to navigate that landscape.

We remove much of this burden for our patients by providing expedited appointments to provide high-quality care with the lowest possible costs. We will take care of coordinating care with referring physicians, diagnostic studies, and your insurance company.

When necessary, we will work closely with worker's compensation case managers, adjusters, and law firms to develop a coordinated care plan.

EXPERIENCE AND TRAINING YOU CAN TRUST

Excel Pain and Spine is a privately-run practice owned and operated solely by physicians that have trained, taught, and researched at the top pain medicine institutions in the country.

Our physicians are regarded experts in the pain management field and remain involved with teaching new and advanced treatments to practicing physicians, residents, medical students, and fellows across the county.

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- Physical Medicine & Rehabilitation Experts
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Innovation Senior Living Communities – *Redefining Value in Senior Living*



The Innovation Senior Living family of senior living communities offers an exceptional array of options for Florida residents and their loved ones. Our unique communities stretch across the state

When we envision getting older, many times we picture it in our current homes. While this may work for some, many decide not to stay in their long-time home after retirement.

Remaining at home can be an overwhelming and isolating experience.

When researching senior living options, many adults do not consider senior living because of the cost. However in looking further, many find communities like those at Innovation Senior Living, may be more affordable than they think.

In senior living, there is no more mortgage payments, utility bills, property taxes, home repairs, grocery bills. There are also several resources available to older adults to help cover the cost of senior living.

These resources include Long Term Care Medicaid and Veterans Adi & Attendance. Please call our community for more information.

LAKE WALES SENIOR LIVING OPTIONS

The Club at Lake Wales, senior assisted living community is full of vibrant activity while offering a warm and comfortable feel throughout. The Club at Lake Wales is home to a wide range of people including independent residents who appreciate the security a community brings, residents who need physical assistance, residents who may need a little support and those living with dementias. The community represents a true Central Florida retirement lifestyle with comfort throughout.

Whether relaxing in the quaint lobby or one of several comfortable living rooms, mingling with new residents at an ice-cream social, or joining a live entertainment performance, The Club at Lake Wales offers an abundance of opportunities for maintenance free living, meaningful engagement and value.

Assisted Living

Assisted living at The Club at Lake Wales is individualized. Residential private apartments with support and care close at hand. The Club at Lake Wales offers support and personalized lifestyle while encouraging privacy and independence.

At The Club at Lake Wales, life is resident centered.

The associates at The Club provide support based on individual resident needs.

Residents are able to remain as independent as possible with the peace of mind that support is steps away if needed. Residents in our

assisted living community have all the benefits of a full support staff, chef, activities program, housekeeping, maintenance along with personal care services for assistance with daily activities.

Short Term Respite Care in Lake Wales, FL

The Club at Lake Wales Respite Program provides temporary and short term residential opportunities. Relax in a fully furnished senior living suite as our team assists you with whatever you need!

Respite is ideal for those who need transitional assistance after an illness, surgery, or a hospital stay and are not quite ready to go home alone. A Respite Stay also allows primary caregivers to take a break by going on a vacation or just taking a few days to relax while knowing your loved one is being well cared for. Respite stays may be as short as a few days, or as long as a few months. We find that many respite residents enjoy the experience so much, they either move-in becoming permanent residents or they return again and again!



Adult Day Programming

The Club is glad to offer Adult Day Care for Lake Wales' Seniors. Day Programming is perfect for seniors who need a little socialization during the day! Generally available 5 days a week, The Club at Lake Wales Adult Day Care Programs are a great alternative to staying at home!

Community Benefits

The Club at Lake Wales offers worry free living to all residents, their families and our guests. Residents enjoy the benefits of a chef,



housekeeper, concierge, chauffeur, maintenance team as well as a vibrant social calendar.

The Club at Lake Wales is home to Resident Programming Department that tailors their programming to the personalities that live at The Club. From arranging small poker nights to throwing the Annual BBQ, the programming team makes residents feel right at home – and keep residents engaged and excited about what's next.

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INNOVATION
Senior Living



LOVE IS IN THE AIR AND THE HAIR AT BAUMAN MEDICAL

by Alan J. Bauman, MD, ABHRS

February is the month of love, so it got me reflecting on some romantic comedies I've seen that I particularly enjoyed. Do you remember the 2005 film, "Hitch," starring Will Smith? It's about a "date doctor" who helped men, who didn't know how, get the women of their dreams – even ones they didn't think were get-able.

Well, I realized that I have something in common with Hitch. I'm a "hair doctor," and I can often help you get the *hair* of your dreams – even when you think that kind of hair isn't get-able (minus all the drama).

And then there was the 2000 movie, "What Women Want," starring Mel Gibson, and I thought about the fact that one of the things many women tell me they want is a man with hair!

OK. Enough of the silly romantic movie references. Let's get serious.

Losing your hair is no laughing matter, and in my practice there's no "one size fits all" approach to helping you restore it. That's why during my 25 years in practice, I've

researched, carefully chosen, and added numerous options to produce the best possible result for each individual's particular situation (for both men and women).

There are too many to include in this article, but here are several of my favorites (and patient favorites as well).

TED

Patients tell me it's easy to fall in love with TED. TED (Trans-Epidermal Delivery) is a highly effective innovation that treats hair shedding, hair loss, and thinning hair.

It's ideal for people who've avoided getting medical treatment for thinning hair, like PRP, because they're averse to having their blood drawn.

TED is needle-free, pain-free and requires no anesthesia.

Your skin (including your scalp) is designed to keep out moisture and other substances we might come into contact with in our environment. That's good for our health but not ideal if we're trying to get beneficial substances past this barrier.

That's where TED comes in.

How it works

First, we slowly move our FDA-cleared Class 1 medical device that looks like a small massage tool over your scalp. Gently it emits safe ultrasonic sound waves and air pressure. There is a little vibration, but no discomfort or pain whatsoever. (Many patients fall asleep at this point because it's so relaxing!)

Then, we apply a specialized topical hair growth serum on your scalp in the treatment zone and move the device over the area where we want the serum to be absorbed.

The 20-25-minute process enhances the penetration of the serum into your scalp by temporarily increasing scalp permeability and blood flow. It also stimulates hair follicles to produce thicker, stronger, healthier hair. And here's an amazing fact. TED has been clinically proven to start minimizing shedding and improve hair growth and scalp health within minutes. That's right. *Within minutes.*

What does TED do best?

TED is ideal for patients wanting to improve their hair's overall thickness and appearance. It treats early male or female pattern hair loss, excessive shedding and enhances other hair growth therapies you may already be doing. It also addresses hair loss after COVID or other infections, patchy beards, and even weak eyebrows.



TED: TransEpidermal Delivery for Hair Shedding and Hair Loss, is a Needle-Free, Pain-Free Hair Restoration Treatment with No Local Anesthesia needed and takes about 20-25 minutes.



Before and After
2 TED Treatments
by Dr. Alan Bauman

FUE (Follicular Unit Extraction)

FUE is an advanced, minimally invasive method of harvesting hair follicles from the sides and back of your scalp (those not affected by DHT, the

hormone that makes hair fall out), as little as one follicle at a time, without a scalpel incision or the need for sutures or staples.

FUE replaces the older invasive method of “strip” or linear harvesting known as FUT (Follicular Unit Transplantation), which had a longer, more uncomfortable recovery and leaves a telltale linear scar. FUE provides a permanent, natural-looking living and growing result, with no linear scar to hide.

Getting Started

Interested in falling in love with your hair again? Make a date with me, your personal “Hair Doctor,” and I’ll tell you about your many options – and you don’t even have to give us a box of chocolates. Just give us a call at **561-220-3480** or point your camera at the QR code below to schedule your private *one-on-one in-person or virtual consultation*.



PRP (Platelet-Rich Plasma)

PRP is a comfortable in-office procedure with no recovery time, downtime, or significant risk. Derived from a small blood sample, platelets are separated from other components of the blood, concentrated, then painlessly applied into the scalp under local anesthesia where weak hair follicles exist, promoting hair growth for at least a year for most patients.

PDOgro™

Researched and developed here at Bauman Medical, we were the first U.S. hair restoration clinic to use PDO threads to enhance hair growth. PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material placed in the scalp to stimulate hair growth. The threads dissolve and are absorbed over time, safely stimulating collagen production and new blood vessel formation, and triggering the release of hair rejuvenating growth factors within the skin. Typically done with PRP, the results can last 12-18 months.

TIPS ON FINDING A HAIR RESTORATION PHYSICIAN

- A top hair restoration physician is someone who specializes exclusively in the medical diagnosis, treatment, and tracking of hair loss and hair regrowth, as well as the latest in hair transplantation procedures. A top hair restoration physician has typically been recognized by his peers and the industry as a pioneer, leader, expert, and educator in the field.
- Look for a full-time hair transplant surgeon certified by the American Board of Hair Restoration Surgery (ABHRS) and accepted by the International Alliance of Hair Restoration Surgeons (IAHRS).
- Avoid part-time or “non-core” cosmetic physicians/plastic surgeons who may offer multiple types of cosmetic procedures on their “menu,” but lack specific expertise, training, credentials, and experience in hair restoration.
- Due to the limited number of full-time, experienced ABHRS-certified hair restoration physicians worldwide, prospective patients should be prepared to travel and-or consult “virtually” via a simple video call, one-on-one with your doctor.
- Avoid the lure of coupons, discounts, or free consultations when seeking cosmetic treatments or procedures, especially hair transplants. Consider if a surgeon offering a “Free Consultation,” “Discount,” or “Rebate” truly has your best interest in mind.
- Before choosing your doctor, visit the clinic, read reviews, ask for before-and-after pictures, and most importantly, ask questions about how to achieve your desired results and what should be done to maintain them.
- Ask for a referral from your primary care doctor or dermatologist to a full-time Hair Restoration Physician who is fully equipped and trained to diagnose, treat and track your hair loss process and achieve your hair restoration goals.

About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHRS Hair Loss Expert

Dr. Alan Bauman is a full-time board-certified hair restoration physician who has treated over 33,000 patients, has performed more than 12,000 hair transplant procedures and over 12,000 PRP’s since starting his medical hair loss practice, Bauman Medical in 1997.

Dr. Bauman is one of approximately only 200 physicians worldwide to achieve the certification from the esteemed American Board of Hair Restoration Surgery (ABHRS). Dr. Bauman is known for pioneering numerous technologies in the field of hair restoration including minimally-invasive FUE Follicular Unit Extraction, VIP|FUE™, Low-Level Laser Therapy, PRP Platelet Rich Plasma, PDOgro™, eyelash Transplants and others.

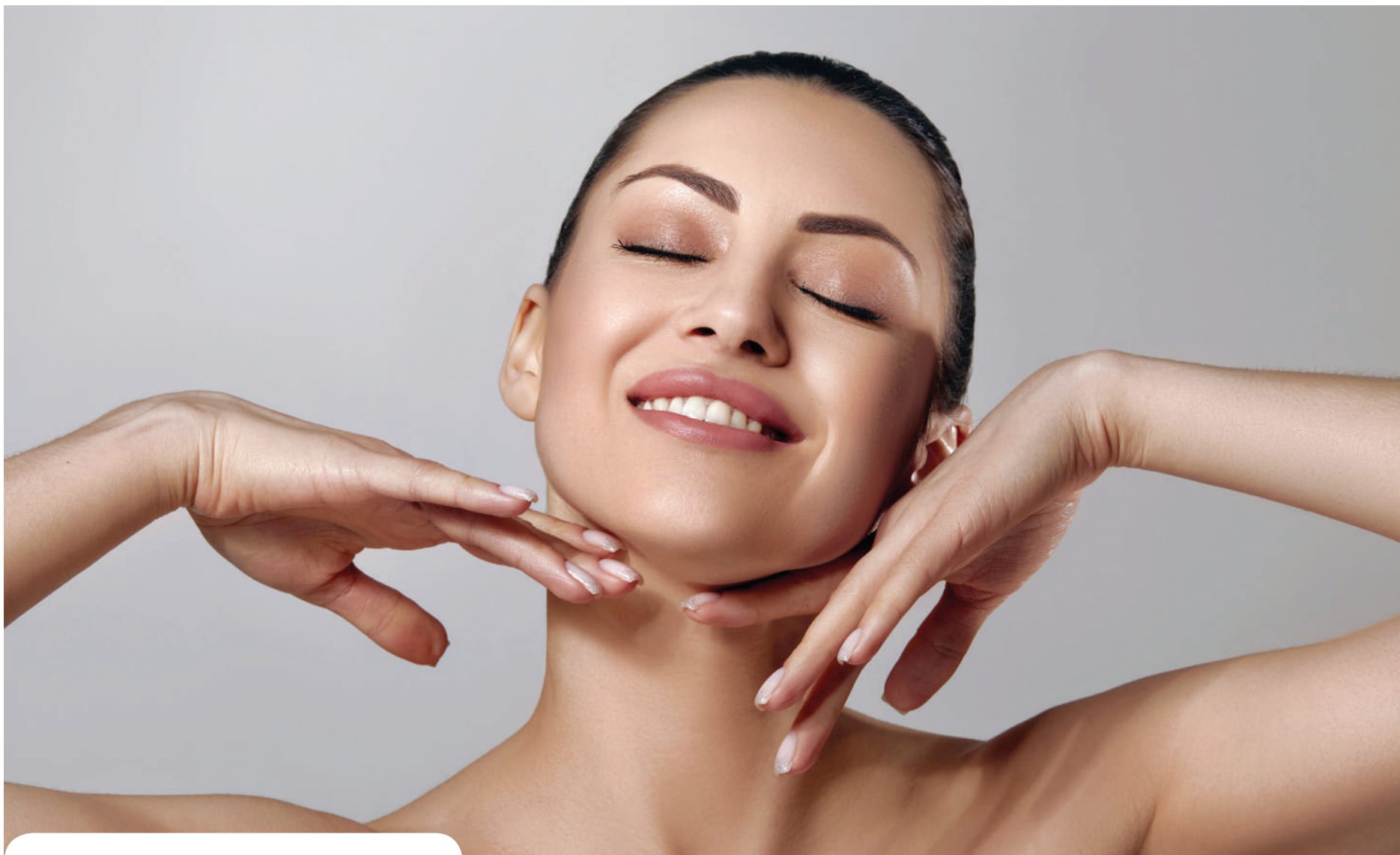
Dr. Bauman was voted “#1 Top Hair Restoration Surgeon” in North America by Aesthetic Everything for the 6th consecutive year, “Top Hair Restoration Surgeon of the Decade”, and received the 2022 “Lifetime Achievement Award in Hair Restoration”. He was also recognized by Forbes as one of “10 CEOs Transforming Healthcare in America.”



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NON-INVASIVE APPROACH TO YOUTHFUL & RADIANT SKIN



OVER TIME, YOUR SKIN WILL SHOW SIGNS OF AGE. IT'S NATURAL: SKIN LOOSENS UP BECAUSE IT STARTS TO LOSE PROTEINS CALLED COLLAGEN AND ELASTIN, THE SUBSTANCES THAT MAKE SKIN FIRM. THIS LOSS RESULTS IN WRINKLES, SAGGING, AND A CREEPY APPEARANCE ON YOUR HANDS, NECK, AND FACE.

There are numerous anti-aging treatments available to change the look of older skin. Dermal fillers can improve the appearance of wrinkles for several months. Plastic surgery is an option, but it is expensive, and recovery can take a long time.

If you're looking to try something other than fillers but don't want to commit to major surgery, you may want to consider skin tightening with a type of energy called radio waves.

HOW DOES RADIOFREQUENCY SKIN TIGHTENING WORK?

Radiofrequency skin tightening, or RF treatment, is a non-invasive procedure that can be performed in a doctor's office or medial spa. The provider will use a wand that is connected to a machine that creates radio waves. They will pass the wand over your body to apply radio waves to your skin.

The waves give off heat that prompts your skin to produce more collagen and elastin. The treatment also speeds up cell turnover, so the skin gets firmer and thicker over time.



The process can take approximately 30 to 90 minutes, depending on how much skin you are having treated. The treatment will leave you with minimal discomfort.

WHAT CAN RADIOFREQUENCY TREATMENTS HELP?

Radiofrequency skin tightening is a safe, effective anti-aging treatment for a number of different parts of the body. It is a popular treatment for the face and neck area. It can also help with loose skin around your belly or upper arms.

BENEFITS OF RADIO-FREQUENCY SKIN TIGHTENING

- Boosts collagen production
- Offers immediate results
- Accelerates healing
- Tightens skin
- Improves texture and tone overall

Beginning in our 20s, we lose about 1% of collagen each year, which unfortunately leads to less plump and radiant skin. Radiofrequency skin tightening stimulates the production of collagen

and elastin, resulting in tighter skin. That's because collagen and elastin help to improve skin texture and elasticity and minimize the appearance of enlarged pores, superficial acne, scarring, and fine lines and wrinkles.

The best part about radiofrequency treatments is that they don't require injections or surgery to bring results to life. Radiofrequency will help improve jawline definition, sculpt cheekbones, tighten the neck, and enhance the contours of the face.

Dior Beauty & Aesthetics lounge offers cutting edge RF technology to help keep your skin looking radiant and youthful. If you are interested in learning if RF skin tightening is right for you reach out to the beauty experts at Dior.



2088 E Edgewood Drive
Lakeland Florida 33803

863-450-5224

www.diorbeautyestheticlounge.com



MEET SHAQUILLA

Shaquilla Williams-Murray currently runs two summer camps in the summer that teaches young kids' business, entrepreneurship. She is the owner of a Wellness Spa and a Post Op Recovery Home.

Mrs. Williams-Murray teaches Body Contouring Workshops that are held around the world! Mrs. Williams-Murray is an established Best-Selling Author who has written 2 books, and 10 eBooks she has a master's degree (New York School of Interior Design) in Interior Design along with being a Graduate of the IWED Institute. Shaquilla is a mother of 3, a Wife, she's also an International Event & Floral Designer, an Educator, Mentor & Event Business Coach, a Sought After We'll Known Speaker has been called An Innovator in her field.

Shaquilla Williams-Murray, President and founder of Dior Beauty Esthetic Lounge and Dior Beauty Post Op Recovery Home has the vision, expertise, and Connections to lead her team to create events that are memorable and exceed expectations. Her students in both industries are ready to lead & succeed when they leave her workshops.

Successful entrepreneurs take pride and love what they do, and without doubt Shaquilla's craftsmanship speaks volume in action from start to finish. In 2019 she started her business from scratch and Dior Beauty Esthetic Lounge continues to build patients confidence making them feel beautiful known as the "the Magic Touch, Shaquilla listens and digests information, then her creative ideas are always brewing, giving new energy.

Through the years, Shaquilla has established connections with an extensive network of trusted professionals to customize the best team for each event. Her experience includes managing events of all sizes from corporate meetings to fundraising galas and celebrations. Shaquilla enjoys supporting local businesses and charities.

While events are a fast-paced business, Shaquilla takes time to pause and focus on what's most important.

Mrs. Williams-Murray educates hundreds of event planners who are mastering their crafts at business workshops around the US teaching over 30 certifications in the Spa Wellness Industry. She also has a Mentorship Program that caters Body Contouring & Laser Specialist all over the world.

As a Spa Owner & Mentor she is constantly challenging her skills, her way of thinking, and her mindset to create an experience her patients and mentees will never forget. teaches in-house secrets, resulting in reaching a goal to help business owners create success beyond limits. Shaquilla loves to give 500% in all areas of her expertise. One of her favorite quotes inspires her to always take it to the next level.

'There's always another level up. There's always another ascension. More grace, more light, more generosity, more compassion, more to shed, more to grow.'
- Elizabeth Gilbert

“I put my heart into saving yours.”

**It's not just an ID badge.
It's a badge of honor.**

At Winter Haven Hospital, we give you compassionate, high-quality care in a comfortable atmosphere. Our Bostick Heart Center focuses on providing a full continuum of cardiac care to the communities of central Florida. You'll get cutting-edge heart care at our center, which can now meet the growing demand for minimally invasive procedures that include transcatheter aortic valve replacement (TAVR) and WATCHMAN™. And our state-of-the-art catheterization labs and intensive care units use the latest technologies. At Winter Haven Hospital, we make sure you'll receive the extraordinary heart care you deserve. **Learn more:** WinterHavenHeart.org

