



A MS Women's Wellness Program: March 10, 2018

Our Presenters



Elizabeth Hatchard RD, LD
Graduating from UMSL, Liz has worked at Mercy as a clinical dietitian for every 10 years, with expertise in cardiovascular nutrition, helping patients in the cardiac unit.

Mary Olson

After years of a deep depression along with a diagnosis of MS with two small children I gave up. After closing myself off from the world for some years I found some relief through yoga. This relief was physical and mental. And it was felt very quickly. My body felt better, my balance was improving, I was walking better and my stress level was going way down. I have been practicing since 2012 since I found Jane's House and I never left. I now teach 4 classes a week with a variety of classes to choose from after going through the teacher training program.



Kristy Arbon

Kristy Arbon is the Founder and CEO of HeartWorks Training LLC, supporting people in their practice of self-compassion, mindfulness, somatic awareness, shame resilience and tapping into emergent self-wisdom. Her work has deep roots Mindful Self-Compassion, Internal Family Systems, Sensory Modulation, Brene Brown's shame resilience model, Buddhist philosophy and exploration of archetypes.

Kristy is a social worker, a certified Mindful Self-Compassion teacher, a qualified fitness instructor and she has completed Internal Family Systems Level 1 training. She is the developer of the Somatic Self-Compassion curriculum and she adapted the Mindful Self-Compassion curriculum for the online environment.

Susie Dietz McGaughey, ATR, LPC, is a registered art therapist and a licensed professional counselor. Susie provides art therapy counseling to children and adolescents with emotional and behavioral challenges at Great Circle. She also facilitates therapeutic art groups for adults with cancer and caregiver support groups through the Cancer Support Community. Past experience includes community mental health, hospital and hospice work and creative arts programming for refugee youth. Susie has a special interest in and extensive training in the dramatic arts as well and believes strongly in the power of all of the creative arts to heal, to support, and to empower people.

