



Dr.
Jamie Hardy™
THE LIFESTYLE PHARMACIST

SPEAKER KIT



Partial Client List

- Anointed Temple of Praise
- Blogalicious
- Brown Missionary Baptist Church
- Cigna
- Delta Sigma Theta Sorority, Inc.
- Entrepreneurship Master Class
- Hope and Healing Center Memphis
- Louisiana Society of Health-System Pharmacists
- LSU Health Science Center
- Methodist South Hospital
- Memphis City Schools
- Mt. Zion Missionary Baptist Church
- Nashville General Hospital at Meharry
- National Coalition of 100 Black Women
- Shelby County Government
- Shelby County Schools
- Tabernacle of Praise
- The Chiro Place
- University of Florida College of Pharmacy
- Xavier University of Louisiana

Speaker Series

CORPORATE

- Be the BOSS of Your Body
- Boss Up and Live Healthy
- Help! My Health Hijacked My Career
- Designing the Lifestyle of Your Dreams

UNIVERSITIES

- The College Triad: Pizza, Ramen, and Late Nights
- Don't Let Stress Make You A Mess
- I Have the Degree, Now What?

FAITH BASED ORGANIZATIONS

- Your Body: The Lord's Temple
- Clean Up Your House
- The Keys to Taking Care of Me

CONFERENCES

- Health Tips for The Modern Entrepreneur
- Ditch the Pills! Take Back Your Health
- Your Health is Your Business

NON-PROFITS

- Fitness: My LifeSAVER
- A Survivor's Guide to Depression
- Designing the Lifestyle of Your Dreams



Phone: (901) 268-0061
Email: Booking@DrJamieHardy.com



The Bio of **DR. JAMIE HARDY**

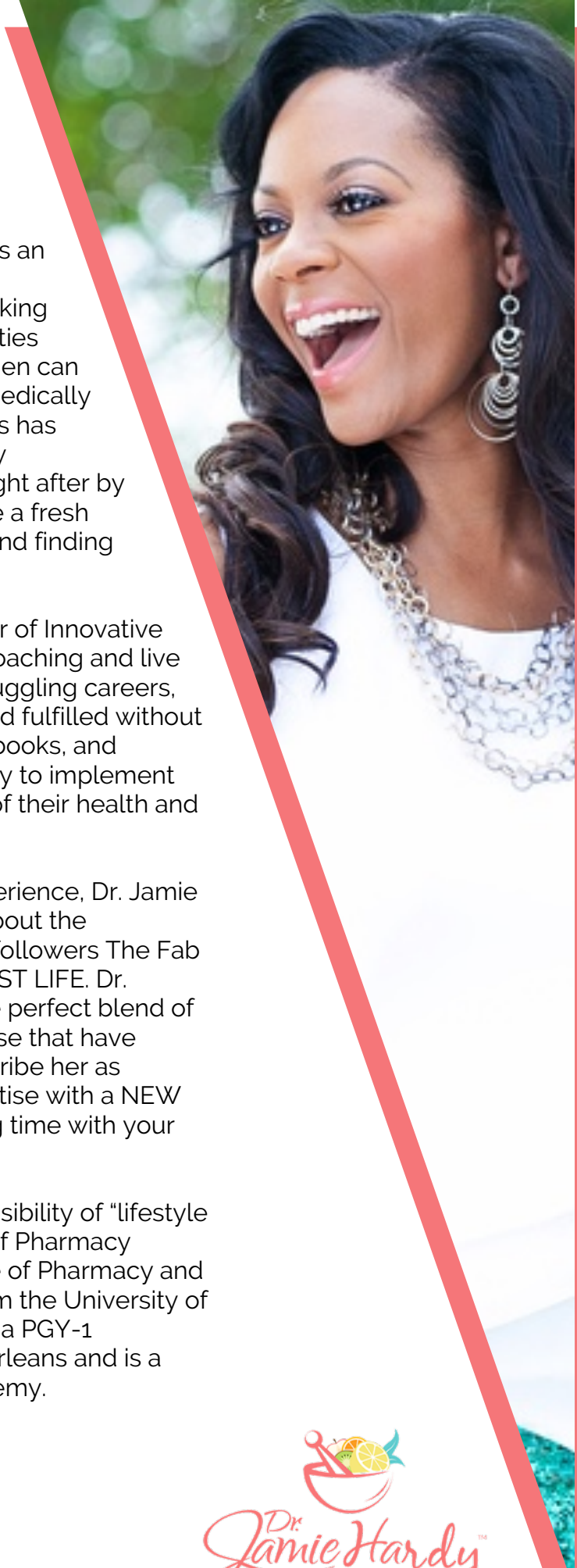
Dr. Jamie J. Hardy PharmD, BCPS, MS (Dr. Jamie) –is an experienced and well respected board-certified pharmacist. She travels throughout the globe speaking at conferences, companies, churches, and universities shedding light on proven strategies so young women can design the life of their dreams. Her relatable yet medically sound approach to making lasting lifestyle changes has earned her the title of “The Lifestyle Pharmacist” by audiences and colleagues. Dr. Jamie is highly sought after by print, online, radio, and TV media outlets to provide a fresh perspective on stress management, clean eating and finding balance through detoxing and meditation.

Dr. Jamie is the Founder and Chief Lifestyle Curator of Innovative Wellness LLC, a lifestyle company that provides coaching and live workshops to teach young women who are busy juggling careers, businesses, and relationships to be fit, fabulous, and fulfilled without prescribed pills. Through her videos, best-selling books, and programs she equips them with the tools necessary to implement changes in their lifestyle that enhance the quality of their health and ultimately their LIFE.

Leveraging over 10 years of clinical pharmacy experience, Dr. Jamie is the host of her popular YouTube series “It’s all about the LIFESTYLE!” Her mission is simple- to provide her followers The Fab Squad with actionable strategies to LIVE THEIR BEST LIFE. Dr. Jamie’s high energy approach to THE STAGE is the perfect blend of laughter, sass, and reliable health information. Those that have experienced her live KEYNOTE presentations describe her as MAGNETIC. Dr. Jamie combines her medical expertise with a NEW and vibrant approach that feels more like spending time with your best friend, that just happens to be a Doctor.

Dr. Jamie is very passionate about increasing the visibility of “lifestyle pharmacy” to the world. She obtained her Doctor of Pharmacy degree from Xavier University of Louisiana College of Pharmacy and her Master of Science in Pharmacy Leadership from the University of Florida College of Pharmacy. Dr. Jamie completed a PGY-1 Residency at LSU Health Science Center in New Orleans and is a graduate of the ASHP Pharmacy Leadership Academy.

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What They Say...



"Dr. Jamie lives her truth. She leads by example and openly shares how lifestyle changes saved her life and will save yours too when you take consistent action."

- Dr. Dena Granger- Owner, The Chiro Place

"Dr. Jamie is down to earth, approachable, and professional. She speaks in terms that are familiar and easy to understand even when talking about complex health topics."

- Cigna Client Management

"Dr. Jamie is a living and breathing example of the importance of being the boss of your body. Her tips and strategies will transform your health for the better."

- Phillip Ashley Rix - Founder, Phillip Asley Chocolates and Entrepreneurship Masterclass Memphis

"Dr. Jamie is gracious and compassionate in her approach to teaching women how to make consistent daily changes in their lifestyle."

- Melody Hubbard- Robinson- Creator, Fierce, Fearless, and Free

"Dr. Jamie absolutely rocked the stage! It was such a pleasure to have her share her genius with our tribe of attendees."

- Stacey Ferguson- Chief Curator, Blogalicious

"Dr. Jamie is authentic and knowledgeable. Our employees learned to be the Boss of Their Bodies during her fun and interactive workshop series.

They raved about how much they enjoyed it!"

- Shelby County Government Total Health and Wellness

"Dr. Jamie is an inspiration to children and youth."

-Shelby County Schools