



# DR. LIA BERNARDO

## Speaker | Psychoneurologist

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Dr. Bernardo is considered one of the leading experts in personal growth and development in the country today. She utilizes the leading edge principles and practices of Psychoneurology and Integrative Health in helping and guiding many into their lives of wholeness, happiness and thriving.

Whether it is in a workshop, a retreat or intensive private sessions, the now empowered lives touched by her programs are continuing to thrive and flourish. She is an active member of the American and International Board of Psychoneurology.



The Natoma Group

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