

EUDENE KATHRYN HARRY, MD

Speaker Author Radio & TV Interviews

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“Building a healthy lifestyle is like building a house – the foundation is critical...”

Dr. Harry is a talented presenter, author and an accomplished physician, Board Certified in Emergency medicine and Holistic Medicine. Her passion for educating her audience on the value of integrating these worlds comes across in her dynamic presentation style.

She takes the audience on a journey through their bodies while seamlessly integrating science and the Mind, Body, Spirit Connection to demonstrate how the body works and heals.

She is currently the Medical Director of Oasis Wellness & Rejuvenation Center, as well as the author of “Live Longer in 8 Simple Steps” - an integrative approach to aging well and living your best life and Anxiety 101, the holistic approach to managing anxiety and taking your life back.

Sample Topics and Programs

- Holistic Approach to Managing Anxiety
- Simple Steps to Living Younger
- Not Your Mother’s Menopause
- Demystifying Holistic Medicine
- Benefits of Stress Management
- The Only 5 Supplements You Need
- Truth About Weight Loss
- Proper Nutrition for Children
- Healthy Living, Careers & Success

Previous Engagements (partial list- complete list upon request)

Presented at over 25 events including:

Honorary Speaker Holistic Health Fair
Osceola Women’s Health Conference
Orange County School Board
Lupus Foundation
Internet Webinar to Physicians

Professional Opportunities for Children
Mind & Body Expo
Valencia Community College
CHEP Company Seminar
POPS

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Television and Radio Appearances

- ✓ 55KRC-Cincinnati, OH-Living Healthy, Looking Younger
- ✓ WNAV-Baltimore, MD –Bill Lusby Show
- ✓ KCMN-Colorado Springs, CO –
- ✓ Tron Simpson Show
- ✓ Sirius Satellite- Taylor Thomas Show
- ✓ WNTN-Boston, Ma-Paul Roberts Show
- ✓ CFJR-Ontario, Canada
- ✓ KCTE-Kansas City, MO-Rob Kingsbury
- ✓ WOCA – Ocala, FL
- ✓ TV 27 – Orlando, FL
Al Dia
- ✓ WROL-Boston, MA – Lifestyle Show
- ✓ WFHG-Bristol, VA-Barbara McFadden Show
- ✓ Issues with Walt Shaw
- ✓ WKRQ-Cincinnati, Oh- Amy’s Table
- ✓ KHAI-Sacramento, CA- Mary Jane POP
- ✓ WHNZ – Tampa, FL
- ✓ WKRC-Cincinnati, OH-Jay McKeever

Publications

Books

“Live Younger in 8 Simple Steps” (Published September 2012)

“Anxiety 101” (Published June 2013) – An integrative, holistic approach to managing anxiety

Featured Cover Story

“Redefining Your Health” (Published May 2013) – Southwest Orlando Bulletin

Articles (Partial list of over 150 published articles – complete list upon request)

CBSNews.com – “Live Younger in 8 Simple Steps” (November 9, 2012)

FoxBusiness.com – “4 Tips for Reducing Stress This Holiday Season” (November 20, 2012)

The Toronto Star – “7 Surprising Benefits to Working Out” (January 8, 2013)

The Metro Courier- Augusta, GA- “Doctor Touts 5 Hidden Benefits if Exercise” (October 17, 2012)

LFPRESS.com – “No Appetite for Healthy Living” (December 21, 2012)

ABC4.com – “From Clearer Skin to a Stronger Immune System” (November 14, 2012)

The Courier Times – Roxboro, NC – “Plan for Success and You Will Lose Those holiday Pounds” (January 9, 2013)

Charleston Daily Mail, Charleston, VA – “Diets Are Not Just About Avoiding Bad Foods” (January 2, 2013)

The Pantagraph – “Healthier Skin, Bowels Among Exercise Benefits” (October 2012)

Harrison Daily Times – Harrison, AR – “Exercise Offers Hidden Benefits” (December 28, 2012)

EmaxHealth.com – Numerous Articles

Yahoo! Finance – Numerous Articles

MarketWatch.com – Numerous Articles

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Postgraduate Experience

<u>Oasis for Optimal Health, LLC</u> Director	Orlando, FL 9/2005-Present
<u>Lakeland Regional Medical Center</u> Attending Emergency Medicine Physician	Lakeland, FL 9/1998 – 2005
<u>USA Medical Center Knollwood</u> Attending Emergency Medicine Physician	Mobile, AL 8/1997-7/1998
<u>Christ Hospital</u> Attending Emergency Medicine Physician Clinical Instructor	Jersey City, NJ 8/1995-8/1997 8/1995-8/1997
<u>Thomas Jefferson University Hospital</u> Emergency Medicine Residency	Philadelphia, PA 7/1992-6/1995

Education

Medical Doctor	Jefferson Medical College	Philadelphia, PA	June 1992
Bachelor of Arts: Biology	New York University	New York, NY	June 1987

Licensure

Florida ME 76171

Board Certified in Emergency Medicine

Board Certified in Holistic Medicine

New Jersey (inactive)

Alabama (inactive)

National Board of Medical Examiners Diplomate, Part III3/93

Memberships

American board Holistic Medicine

American College of Emergency Physicians

American Academy of Anti-Aging Medicine

Florida Emergency Physicians

Florida Medical Association