

Cathy Chester

Certified Health Advocate. Speaker. Patient Leader. Consultant



As Seen In:



WEGOHEALTH

Reader's
digest

Woman'sDay



The
MIGHTY

National
Multiple Sclerosis
Society

BOOKING INFORMATION: For more information on Cathy's presentation topics or to book her for your next event, panel, workshop, or conference please contact her at:

Email: ShifraChester@gmail.com

On the web: www.AnEmpoweredSpirit.com

Facebook | LinkedIn | Twitter: [@cathyches](https://www.facebook.com/cathyches) | **Instagram:** [@cathysie](https://www.instagram.com/cathysie)

**Prestigious WEGO Health Lifetime Achievement Award for Patient Leadership*

**Everyday Health Top 10 MS Blogs to Follow*

**Everyday Health award for Inspiring MS Instagram Account to Follow*

SPEAKING TOPICS:

Why Your "Dis" Ability Doesn't Define You

How to Take Charge of Your Health by Asking the Right Questions and Getting the Answers You Need

You Deserve the Best Resources. Here's How to Find Them

Why Your Story Matters and How You Can Share It

How to Reduce Stress and Anxiety by Focusing on What You Love to Do

How You Can Create a Medical Team to Fit Your Needs

Why You Should Nurture Your Relationships Starting Now

PRAISE FOR CATHY:

Cathy is one of the smartest women I know. It takes serious heart and wisdom to create a life of advocacy for others, simply because you know what it's like to walk in their shoes. She has a warmth and credibility that create a sense of healing and safety. In a world that seems to be screaming with advice and the "right" way to get through things, Cathy is a welcome reprieve of knowledge and heart. Every audience member who hears Cathy, and every reader who soaks up her words, will experience an increase in knowledge and courage as they turn to face the experiences of life headed their way. — Sarah Walton, Personal & Professional Development Expert, Speaker, Author

Cathy is a stalwart leader in the multiple sclerosis community and an advocate long before it was a thing, Cathy's strong presence, breadth, and depth of MS knowledge and experience coupled with her overall, kind, sweet and funny nature always fill me with admiration and joy whenever I see her name. — Damian Washington, Patient Leader, Actor, Rapper

Cathy is a source of strength and motivation to people living with MS, their support partners, and their health care team. She connects easily with people, and her positivity and grace in problem-solving and communicating make her a joy to be around! —Megan Weigel, DNP, ARNP-c, Advanced Practice Holistic Nurse, Board Certified Multiple Sclerosis Certified Nurse, First Coast Integrative Medicine (Serving Florida and Hawaii)

Cathy Chester is an inspiration to others with MS. She accepts the difficulties and challenges that accompany MS. She models good self-care, compassion and inclusion towards the MS community, and shares her contemplations, struggles and hope for all to see on her inspirational blog. —Frederick W. Foley, PhD, Professor of Psychology at Yeshiva University, Director of Neuropsychology and Psychosocial Research at Holy Name Medical Center Multiple Sclerosis Center