



Michelle Fritsch

PharmD, BCGP

SPEAKER, CLINICIAN, AUTHOR, LEADER,
EDUCATOR, INNOVATOR

MEDIA KIT

ABOUT ME

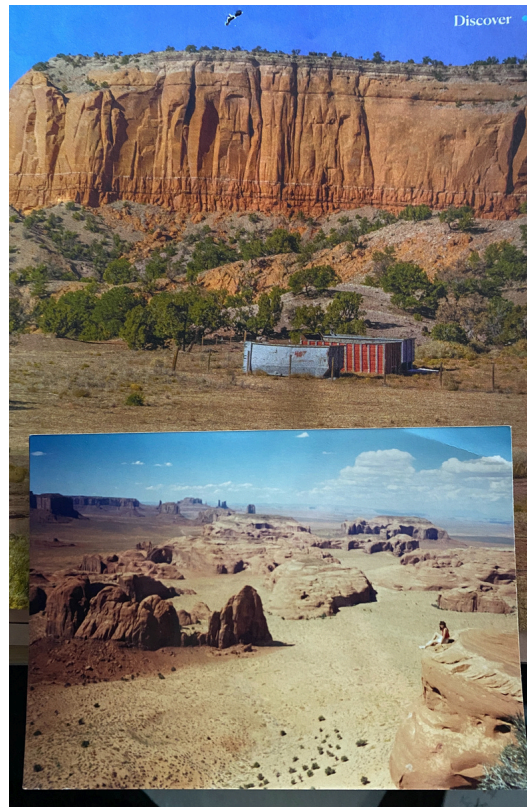
Promoting a Bold Act 3 from a Unique Perspective Health | Purpose | Strategy

Dr. Michelle Fritsch, with over 30 years in healthcare and academic roles, is deeply committed to helping individuals 50+ plan a robust legacy marked by health, purpose, and strategy. She has taught pharmacists, nurse practitioners, physical therapists, physicians, physician assistants, and occupational therapists.

Her unique perspective-shaping experiences beyond primary clinical practice

- lived and provided care on the Navajo Reservation
- spent months with men in addiction recovery, learning and describing their addiction and their experience with steps to recovery
- cared for veterans for many years as part of robust interprofessional teams
- provided education and support to teens being tried as adults in jail, which included ways to manage impulses and make better decisions
- worked with former elite professional athletes to manage transitions and sustain health and function

I can't wait to explain
this '**Perspective**'
photo to you!



 30+

Years Of Experience

5000+

Clients/Patients/
Students

6000+

Connections

SPEAKING TOPICS

- ✓ **Health in Complex Times** – Explore how to navigate your health, manage your stress, deal with uncertainty, and be proactive in the midst and in spite of situations around you.
- ✓ **Get the Most in Your Doctor Visits** – In complex times, prepare for healthcare visits by clearly describing issues, ensuring questions are answered, managing stress, and incorporating sleep strategies for better well-being.
- ✓ **Thriving in Purpose vs Staying Busy** – Living with purpose, rather than just staying busy, leads to greater fulfillment and longevity. Uncovering your purpose benefits not only you but also your family, community, and beyond.
- ✓ **What if I Need to be a Caregiver?** – As many of us will become caregivers, it's crucial to prepare to know how to access resources and understand the personal aspects of providing the best care, with self-care being essential for effective support.
- ✓ **Navigating Your Self-Talk** – The Life Purpose Scan – Legacy offers 17 insights to help you understand how self-talk impacts your decisions, well-being, relationships, and future plans. Each participant will receive a 10–15 minute LPS Legacy Online Experience, a Personalized Growth Opportunity Dashboard, and a 45-minute Guided Discovery Session.
- ✓ **Preparing your Wellness Portfolio - Beyond the Finances** – Make personal decisions to take control of your health, find what brings you meaning in life, determine and organize your future goals, and develop strategies to navigate unknowns of the future. It's a proactive step beyond what your doctor handles, focusing on your overall well-being, and differentiating from financial planning by addressing personal health needs and goals.

CLIENT TESTIMONIALS

"Michelle is very good at what she does. I have the pleasure of working with her as I think about retirement. There's way more to it than I ever imagined. So happy for her guidance!"

Marty O

"I am so grateful for the opportunity to work with such a compassionate, caring person like Dr. Fritsch. I didn't know at the time how much I needed her. I certainly do now."

Doug M



WHO I WORK WITH

With years in healthcare, I've observed both smooth transitions into fulfilling, healthy retirements and rapid declines. I work with those seeking the former, using extensive research, healthcare data, and diverse experience to guide your team member's future planning.

For business owners with team members over 50, it's essential to help them fully engage in mentoring the next generation within your company, reduce healthcare costs by fostering a health-focused and strategically empowered workforce, and ensure they retire at the right time, avoiding delays due to inadequate preparation.

WHAT YOU CAN EXPECT

Engaging, interactive sessions that provide valuable insights on various topics to enhance health, wellness, and overall well-being.



www.propelyourwellness.com



GET IN TOUCH

I'm Michelle Fritsch, and I'm passionate about inspiring, educating, and leading others through stories and insights on health and wellness. My goal is to make you feel comfortable and empowered to take action. Let's chat how I can elevate your next event.

Michelle