



Health Council Speakers' Bureau

The Health Council of the Avon Chamber of Commerce is pleased to announce the formation of its Speaker's Bureau. Highly trained and experienced local professionals are available to speak, pro bono, to not-for-profit groups, schools and civic organizations in the Avon area. Feel free to call any clinician on this list directly to inquire about topics and availability

Susan L. Levine MA, LPC is a Connecticut Licensed Professional Counselor with over twenty years of experience. Her counseling practice, Women Reshaping Lives, LLC is dedicated to helping women face major life transitions related to career, retirement, aging, bereavement, separation, divorce and recovery issues.

Topics:

- **Learning and Growth through Change**
- **Navigating Major Life Transitions**
- **Emotions and Money**
- **Who Am I? Adjusting to Retirement**
- **Emotions and Job Loss**
- **The Emotional Journey of Bereavement**
- **Roadmap for Change**
- **Womens' Issues**

Contact:

Susan L. Levine, MA, LPC
Women Reshaping Lives, LLC
Counseling Practice of:
540 Hopmeadow Street
Simsbury, CT 06070
(860) 810-3915

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Corey Shagensky, DVM is the founder and owner of Progressive Animal Wellness (PAW). He has been practicing veterinary medicine since earning his degree from Cornell University in 2004. Dr. Shagensky has served as co-medical director and Chief of Staff of Farmington Valley Veterinary Emergency Hospital since 2008. Now in private practice here in Avon, Dr. Shagensky states, “Opening a private practice is a journey that has led me full circle. I want to teach owners to better care for their pets and I want to be part of a team of caregivers, along with pet owners, that helps pets lead the healthiest lives possible; from preventive care to the inevitable difficult decisions.”

Topics:

- **How to know when your pet is in pain and what to do next**
- **Food, Exercise and Encouraging Good Behavior**
- **Choosing the Right Pet for Your Family and Lifestyle**
- **Q & A – Anything you’ve ever wanted to ask a Vet**

Contact:

Dr. Shagensky

Progressive Animal Wellness

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[Facebook.com/ProgressiveAnimalWellness](https://www.facebook.com/ProgressiveAnimalWellness)

Jeanne C. Folks, DMin, LPC is a Licensed Professional Counselor and is Clinical Director of CT Psychotherapeutic Resources in Avon, CT a private practice dedicated to the treatment of psychological trauma, depression and anxiety. With 37 years in practice, Dr. Folks sees individual adults and couples. She also facilitates groups addressing a variety of issues. Dr. Folks is a national workshop presenter, blogger and clinical consultant to other therapists. She has taught as an Adjunct Professor of Psychology at Central CT State University and as a Clinical Instructor at the University of CT School of Medicine. She is appreciated by clients, students and consultees alike for her insight, skill and warm good humor.

Topics:

- **Reducing Tension and Finding Joy in a Stressful World**
- **Introduction to Emotional Freedom Techniques**
- **Effective Communication Skills**
- **Depression & Anxiety – What helps**
- **Suicide Prevention**
- **Moving Through Grief and Loss – Finding a life worth living**
- **Q & A – Anything you've ever wanted to ask psychotherapist**

Contact:

Dr. Folks

CT Psychotherapeutic Resources

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Aylah Clark, ND is a naturopathic doctor practicing at Whole Health Wellness Center where her focus is on prevention and treatment of chronic conditions like autoimmune disorders, gastrointestinal conditions (UC/Crohn's, SIBO, IBS, etc.), cardiovascular disease (high cholesterol, hypertension, etc.), weight loss and body composition challenges including lipedema, hormone imbalance (PCOS, thyroid, menopausal symptoms, etc.) and unexplained fatigue.

Topics:

- **Nutrition (including using nutrition for specific conditions like high cholesterol or gastrointestinal conditions, as well as generalized)**
- **IBS (what could be causing IBS symptoms and what to do about it),**
- **Obesity/weight loss (including the many contributing factors, identifying factors that may be hindering one's ability to lose weight), setting and sticking to health and fitness goals**
- **...and more.**

Contact:

Dr. Clark

Whole Health Wellness Center

120 Simsbury Rd #12b, Avon, CT 06001

(860) 6744-0111

www.wholehealthllc.com

www.sciencenaturemedicine.com

Michelle Voegtle, Med., LPC is a Connecticut Licensed Professional Counselor with over twenty years of experience. She is Clinical Supervisor and Manager at Rushford/Hartford Healthcare Avon. Michelle has worked in the fields of Mental Health, Addiction, and Hospice as well as taught Psychology at University of Hartford. She is also a certified yoga instructor and utilizes her skills in offering “Recovery Yoga” to those affected by addiction, as well as their loved ones.

Topics:

- **Grief and Loss**
- **Coping with Anxiety**
- **Mindfulness and Meditation**
- **Recovery Interventions**
- **Coping with Recovery**
- **Living with a loved one who is battling addiction**

Contact:

Michelle Voegtle, M.Ed.

Rushford of Avon

35 Tower Lane

Avon, CT 06001

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<https://rushford.org/locations/avon> michelle.voegtle@hhchealth.org

Sandra Cook, CSA, CDP is a Certified Senior Advisor as well as a Certified Dementia Practitioner with over 10 years of experience in the senior health care industry.

Topics:

- **Aging In Place ...Things To Consider**
- **What do you need to know to age safely in place? Learn what supportive services, care and resources are available to accomplish this.**

Contact:

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