

Navigating Chronic Illness and Caregiving

Gain a deeper understanding of the physiological and psychological impact of living with chronic health conditions, including ways to manage and reduce the symptoms. Participants will also learn the role a caregiver provides to someone with a chronic or complex health condition, offer strategies to reduce burnout, practice self-compassion, and improve quality of life.

Nicole Reilkoff, ND



Nicole Reilkoff keeps it simple for those seeking to find health and wellness in a complex world. She has experience and passion for guiding individuals in understanding how to make healthy and happy life choices.