



Healthy Possibilities for Youth

FOR IMMEDIATE RELEASE

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DR. LIZ NAMED A HEALTHCARE HEROES FINALIST BY NJBIZ IN THE EDUCATION HERO-INDIVIDUAL CATEGORY

Franklin Township, NJ, April 27, 2012 – Dr. Elizabeth Henry (Dr. Liz), founder of Dr. Liz Consulting, a practice focused on making a difference in the lives of tweens and teens by addressing their physical, emotional, and mental needs; has been named a finalist in the Education Hero-Individual category in the 2012 NJBIZ Healthcare Heroes awards program. The award program, produced by NJBIZ, New Jersey's premiere business news publication, is sponsored by Horizon Blue Cross Blue Shield of New Jersey, Hackensack University Medical Center, McElroy, Deutsch, Mulvaney & Carpenter, LLP, the New Jersey Hospital Association and WithumSmith+Brown, PC.

For more than fifteen years, Dr. Liz has worked with children and their parents on how to deal with the physical and emotional changes that occur during the tween and teen years. As a practicing pediatrician with the New Brunswick Pediatric Group, Dr. Liz takes a holistic approach to the health and well-being of youth. She knows how important it is for young people to have the tools to become successful, as well as the support system to guide them. Her objective is to provide youth with the knowledge and confidence to lead healthy and productive lives. Visit www.drlizforyouth.com for more information on how Dr. Liz works with youth to help them develop to their fullest potential.

The Healthcare Heroes awards program honors individuals and organizations making a significant impact on the quality of healthcare in New Jersey. Finalists were selected in eleven categories: Corporate Achievement, Education Hero-Individual, Education Hero-Organization, Hospital of the Year, Innovation Hero-Individual, Innovation Hero-Organization, Nurse of the Year, Nursing Home/Assisted Living Facility of the Year, Physical Therapy Rehabilitation Center of the Year, Physician of the Year and Volunteer of the Year.

Finalists and winners were chosen by an independent panel of judges including: Mary Ann T. Donohue, Ph.D., RN,APN, NEA-BC, Jersey Shore University Medical Center; Dr. Richard Dool, Seton Hall University; Dr. Vincent Grasso; D.N. Lombardi, Ph.D., USMC®, Stevens Healthcare Partnerships; Dean Paranicas, Healthcare Institute of New Jersey and David Taylor, New Jersey Patient Care and Access Coalition.

The Healthcare Heroes awards finalists will be recognized and the winners in each category will be announced during a breakfast awards ceremony on June 19, 2012 at the Palace in Somerset Park in Somerset, New Jersey.



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For more information about the NJBIZ Healthcare Heroes awards program or to reserve seats to the event, please visit www.njbiz.com/events or contact Sarah Spangler at sspangler@njbiz.com or (732) 246-5713.

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About Dr. Liz

Dr. Liz is highly regarded as a leading expert on the health and well-being of youth. She has developed and facilitated numerous empowerment workshops and career seminars for tweens and teens ranging in age from ten to eighteen. She provides teens, tweens and their parents with the support and resources needed to overcome issues such as bullying, emotions, fitting-in, and obesity. She also provides tools to help youth set practical goals, establish positive relationships, build their self-confidence, manage anger and stress, as well as develop healthy eating habits.

A resident of Franklin Township, Dr. Liz earned an undergraduate degree from Princeton University and medical degree from the University of Pennsylvania School of Medicine. She completed her pediatric residency at Georgetown University Hospital in Washington, D.C. and then worked at the Children's Hospital of Philadelphia. She also graduated as Valedictorian from Rutherford High School.