



Dr. Liz[®]

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Dr. Elizabeth R. Henry (Dr. Liz) is a board-certified pediatrician, parent coach, speaker, author and workshop facilitator with over 20 years of experience. She is a trusted advisor to parents and youth.

Through her one on one virtual coaching sessions, she provides parents with tools and resources to connect, communicate, and support their preteens, teens, and young adults. Her keen listening ability and insight fully engage parents in powerful conversations that are designed to help guide them through the ups and downs of the preteen years and beyond.

Dr. Liz delights both parents and youth with her insightful and interactive presentations. She has the ability to connect with the audience, so they are fully engaged in the self-discovery process. Dr. Liz is an expert at creating and facilitating dynamic interactions that bridge the communication gap between generations.

Dr. Liz graduated from Princeton University and the University of Pennsylvania's, Perelman School of Medicine. She completed her pediatric residency at Georgetown University Hospital in Washington, D.C., then subsequently worked at the Children's Hospital of Philadelphia before going into private practice in New Jersey. Dr. Liz is a fellow of the American Academy of Pediatrics and a member of the American Medical Association, New Jersey Medical Society, and Middlesex County Medical Society. She is a lifetime Girl Scout, member of Alpha Kappa Sorority, Inc., The Drifters, Inc., and a past board member of the Raritan Valley Community College Foundation.

She has appeared as a guest on numerous television and radio shows including *Chasing News with Bill Spadea*, *12 for Your Health* (News 12 New Jersey), the *Dr. Steve Show* (WPIX 11 TV), *The Natasha Show* (Comcast TV 30), *Healthy Children* (HealthRadio.net), *Life Advice with Jennifer Lewis-Hall* (Greater Media Magic 98.3 FM), and *New Jersey Today* (WCTC).

Dr. Liz has created and delivered workshops for numerous organizations including Princeton University, Raritan Valley Community College, Middlesex Regional Chamber of Commerce, the Congressional Caucus on Black Women and Girls, NY/NJ Teen Expo, Jack and Jill of America, the Links, the Girl Scouts and Boy Scouts.

In addition, she is an expert for YourTango.com, a leading online magazine and served as a contributing columnist ("Parenting 101") for *The Positive Community*, a lifestyle magazine in New York and New Jersey.

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