



Dr. Lori Monaco is the founder and CEO of Align Yourself Inc. She is a Chiropractor, teacher, speaker, and coach specializing in mindfulness practice, transformation, and aligning with authentic self to create an abundant life.

Known as the Badass Buddha, she is the creator of “The 7 Core Pillars of Self” where she teaches people to align with the seven pillars: mental, emotional, physical, physiological, social, spiritual, and financial. Aligning with these pillars brings the individual to their authentic self for better health, wealth, love, satisfaction, inner peace, and harmony.

Her programs include: Warrior VIP, group, and Wellness coaching, and Warrior Mindfulness Workshops for educators, professionals, healthcare professionals, corporate, and laypeople (online and in-person). She is the cohost of the show “Viva Café con Leche” and BlogTalkRadio Show “Viva Moms After Dark”. Lori has written articles for a multitude of magazines and is currently working on her own book. She lectures throughout the country and coaches remotely connecting with clients around the world. Connect with her on FB,/Twitter/YouTube @drlorimonaco, IG @thebadassbuddha1, and TikTok @thebadassbuddha, and at www.drlorimonaco.com.

**Motivational
Speaker!**

**Where: Decker
201
When: November
18th
Time: 4:00pm –
5:00pm**

**Please
RSVP by
November
11th!**