

FROM SURVIVING TO THRIVING

BRIGITTE CUTSHALL



Brigitte knows what it means to go from a survivor to a thriver. Between beating cancer twice with her intentional approach to health, Brigitte found out she had a rare brain tumor. Brigitte is now a recognized expert in health and wellness. She has written multiple books and speaks on taking control of your health before it controls you. Brigitte is the founder and President of Gemini Media. Her articles have been featured on Wellness.com, DrLaura, Huffington Post, and Sharecare.com. Brigitte credits her sense of humor, stubborn streak, family and friends to help focus on what's important.

"Brigitte is focused on delivering the best for her clients and it shows in everything she does!"

Alison Brehme, Founder of Virtual Corporate Wellness

"Brigitte provides plenty of inspiration and tips about staying positive. She has a passion for life and it shows!"

Scott Frisoni, President of Kairos Company; Cofounder and COO Medical Search Technologies



THE SECRET TO THRIVING WHILE AGING



WORKWELL: WHERE WELLNESS & WORK INTERSECT



HOW TO GET MORE DONE IN LESS TIME



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