

# Dr. Geni Abraham

## Physician and Speaker on Wellness



Dr. Geni Abraham, Board Certified, American Board of Internal Medicine. Our Internal Medicine Practice is an integrated medical practice with a focus on Lifestyle Medicine to prevent chronic disease and promote health and wellness. Dr. Abraham is also Board Certified in Lifestyle Medicine. The health philosophy of our practice incorporates Lifestyle Medicine to manage and prevent disease through Nutrition, Exercise, Sleep Hygiene, and Stress Management.

**Interested in booking Dr. Abraham to speak at your event:  
Contact our office**

Visit our website: [www.DrGeniAbraham.com](http://www.DrGeniAbraham.com)  
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**MEDICAL SPECIALISTS OF  
THE PALM BEACHES, INC.**

“In the last few years I recognized that patients weren’t feeling better just because I gave them medications. So I explored what else I could do. In that process our office transformed into a wellness focused office. We help patients develop healthy nutritional habits with a “FOOD IS MEDICINE” focus, encourage exercise that they enjoy, work on stress management and sleep hygiene. It turns out these measures are going to promote health and wellness and prevent disease. This INTEGRATED approach helps patients feel healthier, energetic, and they are able to meet the challenges that they must in today’s stressful society. It is also what is going to reduce our overall healthcare costs in the future.”

Geni Abraham, MD is dedicated to carrying her healing message to the community. Her recent speaking events include: The Jewish Community Center of the Palm Beaches, JFK Medical Center, Blue Cross/Blue Shield, The Friends Needing Friends Program, and various community and church organizations.

### ***SUGGESTED TOPICS:***

- Lifestyle plans for feeling and looking your best
- Techniques to reduce stress & increase vitality
- Getting physically fit
- Tips for sleeping peacefully through the night
- Stress management and mindfulness for healthy living