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HEALTH & WELLNESS



MEN'S THERAPY PODCAST

Men's Therapy Podcast
Wednesday at 11 AM Pacific
June 11th 2021: Meeting the Sheriff of Me Town

Standing up for yourself takes courage, boldness, and practice. At a young age Dr. Julia Bain learned to defend herself and her friends against the bullies in her school. She stepped into conflict in order to protect those who were less fortunate than her - she wanted her friends to know that they were never alone. These early experiences with bullying inspired Julia to study mental health and focus on violence in the workplace. She now teaches people to stand up for themselves, set boundaries, and practice being the sheriff's of their own Me Town.

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Featured Guest



Julia Bain

Dr. Bain is the co-owner of Me Town Enterprises, LLC, serving as a Mi Via Consultant for the Developmental Disabilities Self-Directed Waiver Program, Supports Waiver for the great State of NM, Support Broker for Blue Cross Blue Shield and Western Sky Members, NM Medicaid Self Directed Community Benefit Program. Dr. Bain is a professional trainer, keynote speaker, and consults with organizations on a variety of topics, always emphasizing empowerment and the importance of self-regulation and responsibility one has to self, others and community to enjoy life, work hard, and facilitate good will and humor. Dr. Julia Bain resides in Santa Fe with her family, and loves being the best Sheriff dur

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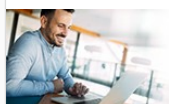
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