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The Dr. Divas Show

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April 16th 2015: A Healthy Balanced Lifestyle: Mentally, Physically, Spiritually, Financially

Balance is not easy to achieve when you're living a fast-paced life – but it is totally possible. And once balance is achieved, it is surprising to see how much more one can actually accomplish. The Dr. Divas discuss balance from four different perspectives: mentally, physically, spiritually, and financially, and challenge listeners to take a look at their own lives to achieve greater balance in each area.



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Featured Guest



Dr. Sybil Ingram

Dr. Sybil Ingram is a successful and respected health care, regulatory/compliance, medical science liaison and information technology professional with significant experience with pharma/medical devices Regulatory Affairs, Quality Management Systems & Compliance, Risk Management, challenges and solutions. With over twenty years of professional experience, she has been one of the nation's foremost speakers and active consultants for the HIPAA regulations and implementation challenges, addressing all major aspects of the Administrative Simplification Subtitle and affected entities/stakeholders. Dr. Ingram has served as a clinician, clinical researcher and instructor, emergency preparedness a

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