



### **Angela Mozelle**

Caring, supportive and experienced “self-care” advocate, author, volunteer.

She founded New Beginnings in 2008 to educate, inspire and encourage “baby boomers” to take better care of themselves as they continue with their day to day tasks which often include caring for others, careers, family, finances, health and more.

Through a series of ongoing workshops, seminars, presentations, events and one-on-one coaching, Angela strives to encourage others

to make themselves a priority.

Some of her workshops include

- *What’s Age Got to Do with It?*
- *Aging Gracefully*
- *Truth and Consequences of Caregiving*
- *Overcoming Fear*
- *Types of Caregivers*
- *Sibling Rivalry*
- *Embracing Forgiveness*
- *Overcoming Grief*

Angela graduated from Shaw University, Downey School of Court Reporting and The Coaches Training Alliance as a Certified Life Coach.

She is the mother of two adult daughters and believes that every day is a New Beginning.

Let’s make the most of it.