

FIRST NAME

Jennifer

LAST NAME

Tolo

EMAIL

jen@butterflyfamilywellness.com

TOWN OF RESIDENCE

Essex

PLEASE WRITE A BRIEF INTRODUCT

Jennifer Wren Tolo is wife, mom of four boys, RN, Whole Health Educator, author, speaker and the owner of Butterfly Family Wellness. She acts as 'An Integrative Bridge to Health' helping bridge the gaps between modern medical healthcare and alternative health, between self-care and caring for others, between science and intuition and between adults and children. Jennifer helps overwhelmed parents and children tame the chaos of their lives so they can take back control of their health and happiness one breath, one empowered choice and one action at a time.

I SEEK TO SUPPORT THE FOLLOWING

Middle School, High School

COPY OF I CAN PROVIDE SERVICE IN THE

Social-Emotional Learning, Mind and Body

ADDITIONAL DETAILS: WHAT FURT

My passion is to connect adults and kids to their mind, body and spirit messages. I seek to empower people to take pauses to calm the nervous system so they balance energy and emotions and notice, respond and interact with the people in their world and their environment. When we anchor ourselves in the present moment, we begin to calm the chaos and recognize that we can only control ourself, our thoughts and our actions and reactions when we are in the present moment. Key concepts used in all teachings are : mindfulness, energy of the body, balancing energy and emotions, perspective, perception and growth mindset.

I AM LOOKING FOR THE FOLLOWING

Flexible

MY PREFERRED HOURLY RATE:

\$30+

ADDITIONAL DETAILS: PLEASE DE

I offer 4-6 week enrichment groups, group coaching that can be customized to group needs.

HIGHEST LEVEL OF SCHOOLING AC

Graduate Degree

ADDITIONAL DETAILS: PLEASE BR

BSN from University of Virginia

MA, Masters in Nursing Administration from New York University

Certified Whole Health Educator and Patient Advocate

Certified Karuna Reiki Master

Certified Mindfulness Based Stress Reduction Practitioner

Certified Mindfulness Educator

Certified ACE Personal Trainer

Certified Integrative Health Coach Institute for Integrative Nutrition

Owner of Butterfly Family Wellness- 2005-Present

School Nurse (Substitute) Hamilton Wenham Schools and Manchester Essex Schools
2016-2019

Mother, School Volunteer, STEM Project Enrichment, Movement Break Facilitator and
Health Fair Presenter/ Practitioner at Essex Elementary School 2003-2018.

Critical Care Nurse and Nursing Supervisor- 1995-2003

Member MERSD SEPAC (2 years)

Member MERSD Health Advisory Board (6 years)

Member MERSD Middle School SEL Committee (2019-2020)

Program Collaborator with Project Adventure 2019-Present

Mindshift Program Educator with Girls Inc. Lynn, Mentor 2020