



Tiaa C. Hartley, Holistic Practitioner, www.sagechiwellness.com

Tiaa C. Hartley is a Licensed Acupuncturist, Herbalist, Addiction Detox Specialist, and Health and Wellness Coach who advocates for self-healing and growth beyond trauma, for women of color. She is the CEO of Sage Chi Integrative Wellness, a Maryland health clinic that utilizes different healing tools and therapeutic modalities to aid in the support and nurture of one's healing journey. Tiaa will present ways to survive and thrive during times of uncertainty and suggest tips for managing stress.

Tiaa is currently a doctoral student at the Maryland University of Integrative Health and holds a Master's degree in Acupuncture.