

# Biography

*Note: This is to be used as written and not altered. Please contact our team (info@drromie.com) if you need a different length.*

Dr. Romie is a board-certified physician, award-winning wellness speaker, and the founder of “brainSHIFT at Work.” She brings together over 20 years of authority in neurology, integrative medicine, and mindfulness to not just deliver programs, but create cultural change.

She is on a mission to transform mental health and wellness in the workplace and currently works with Fortune 500 companies, professional athletes, & global associations. Dr. Romie is also the Chief Wellness Officer for Evolution Hospitality, where she scaled a mindfulness & wellness program to over 7000 employees. Her expertise is featured in the national media such as NPR, NBC, TED talks, and Forbes. Find the cure for your busy brain at [drromie.com](https://drromie.com) or [@drromie](https://www.instagram.com/drromie/) on social media.

**Website:** <https://drromie.com/>

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