

Caring for emotional health during difficult transitions



Living with a Serious Medical Condition?

Ways to Expand Your Life

Julia Pantoga Soriano

disabled herself, expert and author of

A Sharp Turn:

A Step-by-Step Guide to Negotiating the First Year of a Serious Medical Condition

is coming to New York City and will host two events



LECTURE

Supporting a Person With a Serious Medical Condition

- Reveal the single most important way you can assist your loved one
- Recognize practices that balance your life
- Identify three actions you can begin today

7:30-8:30 p.m., Thursday, June 21, 2018

Tickets are free, but **must** be reserved at
<https://www.Support-Talk-NYC.eventbrite.com>
An optional donation is welcome.



INTERACTIVE WORKSHOP

Living Well With a Serious Medical Condition

- Dispel prevailing myths about serious medical conditions that hold you back
- Identify life-changing practices to enjoy your life
- Offer tools and resources to create and maintain a powerful support network

3:00-5:30 p.m., Saturday, June 23, 2018

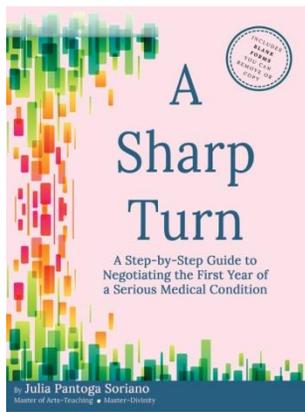
Tickets are free, but **must** be reserved at
<https://Living-Well-Workshop-NYC.eventbrite.com>
An optional donation is welcome.

Both events held at: 15th Street Meetinghouse, Room 1, 15 Rutherford Place, New York, NY 10003

Use the accessible entrance to this building on Rutherford Place between 15th and 16th Streets.

The closest train stop is on 14th street and 3rd Ave.

Questions? 414-899-5195 or sharpturninstitute@gmail.com



A Sharp Turn: A Step-by-Step Guide to Negotiating the First Year of a Serious Medical Condition

**Available for sale in both electronic and hard print
format at amazon.com and <http://sharpturnbook.com>**

When first diagnosed, Julia was teaching high school math full-time, studying in graduate school, serving on a non-profit board and working on several church committees. And she had a teenage son at home.

With up to five medical appointments a week added to her plate, she stumbled along as best she could. Relying on her passionate enthusiasm for to-do lists and years of business experience, she developed systems for completing the myriad tasks that suddenly became urgent.

Sometimes lucky; sometimes looking back and wishing she'd done things differently; she wished she had a guide. Julia shares her systems and her story with an uplifting positive attitude. It's like considering a serious issue with a friend at the kitchen table: talking, laughing, and feeling encouraged at the same time.



About Julia

Julia is a caring, candid, and courageous guide for individuals and families who have encountered a serious medical condition. She speaks, writes, trains, and consults for individuals and organizations seeking to improve lives of people they serve.

A teacher all her life, Julia has written training guides, curriculum, and teaching materials for subjects as disparate as painting windows to using software. In short, she has extensive experience breaking down convoluted processes into actions with clear steps.

When diagnosed with Ataxia (a neurological disease affecting movement and speech), she was a licensed high school math teacher specializing in “at-risk” students. Her experience with this hurting population provided insight into complex professional, relational, and spiritual issues. She mastered the art of reaching people in a loving, effective, and entertaining fashion.

After diagnosis she started a small business selling cookie dough as respite from her situation. She then went to the Earlham School of Religion for her third master's degree. While there, she received the Mullen Ministry of Writing Fellowship to complete the book “A Sharp Turn: A Step-by-Step Guide to Negotiating the First Year of a Serious Medical Condition.” Today, besides writing, speaking and training, she volunteers with Little Brothers—Friends of the Elderly and the National Ataxia Foundation.