



Health Protection Awareness Family Healthy Living & Lifestyle Happy & Empowered Caregiving Moms

Founder of Mom's Healthcare Navigator and keynote speaker featured at TEDx and the United Nations, **Dr. Lidia Molinara**, is a 30+ year practicing pharmacist, patient safety officer, award-winning author, and mother of three. She helps moms become confident healthcare advocates through her proven ACE method—Advocate, Communicate, Educate. Lidia's mission is clear: to replace fear with calm confidence.

To book Dr. Molinara, contact Lidia@momshealthcarenavigator.com



FEATURED IN



Dr. Lidia Molinara
Founder, Mom's Healthcare Navigator

SIGNATURE TOPICS

How to Feel Confident that You're Making Safe Healthcare Decisions for Your Family

- 88% of the time, moms make healthcare decisions in the home—but less than 10% feel confident doing it. Instead, they feel overwhelmed, scared, and unprepared. As a 30+ year pharmacist, caregiver, and certified patient safety officer, Lidia Molinara shares:
 - What to ask, what to track, and what to say so you are prepared in any medical setting
 - How to spot the most common medical errors before they happen to prevent injury, harm, and even death
 - Tools to speak up with confidence, clarity, and calm to advocate for your loved ones

3 Practical Ways to Protect Your Family from Injuries at Home

- Unintentional injuries are one of the leading causes of harm for children, with approximately 25 children dying from injury every month, equivalent to one classroom!. Because many of these incidents are preventable, Lidia Molinara, a mother of 3 aged 29, 28, and 10, shares her insights in reversing these alarming statistics. You'll learn:
 - What to identify and how to mitigate common hazards in home and caregiving environments.
 - Strategies to prevent medical and medication-related red flag dangers
 - Practical tips and tools to act confidently in emergencies to keep your family safe

The Secret to Prevent Burnout and Stay Happy and Healthy as a Caregiver

- Caregivers balance family, work, and healthcare responsibilities—yet many feel exhausted, stressed, and on the brink of burnout. Less than 10% feel confident in managing their own well-being while caring for others. After a long journey of caregiving before losing her father in 2010, Lidia Molinara learned insights that every caregiver must know. In this talk, she will reveal:
 - Simple daily practices to maintain physical and mental wellness while caring for others
 - An easy-to-follow, structured approach to managing your multiple responsibilities as a caregiver.
 - Tools to feel supported, emotionally strong, and confident as a caregiver

