



Dr. Liza Swedarsky is the founder and Chief Executive Officer of Health Vows. She is a board-certified Obstetrician/Gynecologist and is fellowship-trained through the American Association of Gynecologic Laparoscopists (AAGL) specializing in outpatient gynecology, minimally invasive surgery and chronic pelvic pain. She has over 26 years of clinical experience consciously facilitating healing and safe spaces for women. She serves as a faculty member in the Division of Urban Health at Brigham and Women's and Faulkner Hospitals and is also a clinical Instructor at Harvard Medical School. She has dedicated her career to serving in Boston's neighborhoods and community health centers since 2006 to guarantee access to convenient, advanced gynecologic care, outpatient procedures, and the full spectrum of surgical services including laparoscopic and robotic surgery. Liza has been named as one of Boston's Top Doctors for the past seven years.

Dr. Liza feels the service aspect of clinical care, "doctoring," and patient interactions are key and foundational. She recognizes true transformation, self-care, and change begins in the mind. She teaches women to take charge of their unique journey in achieving optimal health and longevity and offers supportive spaces in her carefully crafted workshop series, healing circles and conference experiences. She pioneers programming to eliminate health disparities and inequities recognizing women need mindfulness techniques, self-empowerment and self-advocacy strategies, and health education so they can better navigate complex healthcare systems and interactions with their doctors. She created and facilitates the Health Vows Program to Promote Health Equity and Conscious Living by targeting individual behavioral changes. The workshop series runs for seven consecutive weeks and empowers women to honor seven Health Vows. Her vision has been supported by the Mass League of Community Health Center's Special Projects Grant and she was awarded a Brigham Care Redesign Incubator and Startup Program (BCRISP) award in support of the Health Vows Program.

Dr. Liza also serves as the Physical and Mental Health Co-Chair of the Boston Alumnae Chapter (BAC) of Delta Sigma Theta Sorority Inc. and is the content creator and facilitator of the Women's Health Early Detection Series in the areas of Breast Health and Cervical Cancer Screening and Prevention. The Physical and Mental Health Committee aims to educate and empower African American and other BIPOC women living in Boston to increase awareness of disease burden, prevention strategies, and heighten health literacy. As a result of the committee's impactful programming, Boston Alumnae Chapter received a 2024-2025 Community Empowerment Grant from the Delta Research and Educational Foundation.

Liza is also a licensed spiritual practitioner where she guides individuals to identify what experiences and belief systems impact their lives and ability to live healthily. She also

studies ayurveda, is pursuing certification in pranic healing and is currently a student at the University of Metaphysics pursuing a degree in the Art of Spiritual Healing and Metaphysical Sciences. She has presented workshops aligning with community organizations, churches, New Thought communities and conferences bridging understanding how to apply evidence-based research, mindfulness practices, and universal spiritual principles to optimize health.

When enjoying personal time Liza loves to study metaphysics and is an avid reader. She engages in a daily meditation practice and yoga. She believes in exercise as form of self-care. She is an explorer and loves to travel. She prefers a wardrobe filled with color and cannot resist boots and jackets. Food, film, dance, art, and live music are among her first loves. However, she is most in love with her two teenage children.