

Sinder Coleman Miller, BSHA, LTC

Author • Senior Care Advocate • Healthcare Strategist • Speaker • Media Personality

Sinder Coleman Miller is a respected senior care advocate, healthcare strategist, author, and community leader dedicated to empowering seniors, caregivers, and underserved communities through education, innovation, and compassionate service. With a background in healthcare administration and long-term care, Sinder has become a trusted voice in caregiving, Medicare education, senior wellness, and community outreach throughout the Gulf South region.

As the founder of Care Therapy, Incorporated and the visionary behind the Savvy Caregivers brand, Sinder has created impactful workshops, educational programs, conferences, and media initiatives designed to support family caregivers and aging adults. Her work bridges the gap between healthcare, mental wellness, technology, financial literacy, and quality-of-life resources for seniors and their families.

Sinder is also the author of *The Invisible Weight*, a powerful and heartfelt book that explores the emotional realities of caregiving, hidden burdens, resilience, and healing. Through her speaking engagements, workshops, podcast appearances, and media platforms, she continues to inspire audiences with messages of hope, empowerment, faith, and purpose.

Known for her dynamic presentation style and authentic connection with audiences, Sinder is available for keynote speaking engagements, panel discussions, workshops, podcast interviews, community partnerships, healthcare initiatives, and media collaborations focused on caregiving, senior advocacy, mental wellness, Medicare education, and community empowerment.

"Be Seen. Be Heard. Be Healed."

Website: www.cindercolemanmiller.com

Organization: Care Therapy, Incorporated

Brand: Savvy Caregivers