Poetry and Prose at Café Crêperie

an evening of storytelling & connection

Guest Speaker Bio Sheet

Lisa Buhrow



Lisa Buhrow is a wellness practitioner, author, and lifelong seeker of the extraordinary hidden within the ordinary. With more than three decades of experience working with clients, Lisa has dedicated her life to helping people reconnect with their well-being, discover their inner strength, and find a little more magic in everyday life. Her work spans Traditional Chinese Medicine, acupuncture, Reiki, Medical Qi Gong, aromatherapy, and holistic wellness.

As the owner of The Spa at Belfountain in Erin, Ontario, Lisa has spent years listening to people's stories, witnessing moments of transformation, and discovering that sometimes the most meaningful lessons arrive when we least expect them.

In *Winging It: A Collection of True Stories of Miracles and the Amazing Power of Angels,* Lisa shares heartfelt, uplifting, and often unexpected experiences that invite readers to laugh, believe, stay curious, and recognize the little signs of hope that can appear along life's winding path.



Her philosophy is simple: you don't have to have all the answers to believe that something wonderful might be unfolding. Sometimes, you just have to keep your heart open, pay attention, and trust yourself enough to keep going.
Because every now and then, life has a way of reminding us that we're not quite as alone as we think. And sometimes, all we need is a little angel awesomeness.

Blending ideas of mindfulness, cosmic perspective, and inner awakening, this collection speaks to anyone searching for meaning in a chaotic world.

Guest Speaker at Café Creperie on Thursday, November 26, 2026