

*Prairie Horizons:*  
*Nurturing the Future of Nursing in North Dakota*

September 13, 2024 | Bismarck, ND

**Tara Harding, DNP, FNP-C**

**Nursing and Advocacy**



Dr. Tara Harding, DNP, FNP-C, is a renowned doctorate family nurse practitioner and fertility coach, recognized globally for her expertise in women's health, infertility, advocacy, and medical gaslighting. Her passion and dedication have made her a leading authority in her field. Featured in global publications such as Buzzfeed, Today's Parent, USA Today, and Mira.

Dr. Tara has garnered attention for her impactful work. She has a strong presence on social media including TikTok, where her videos on women's health issues receive over 15 million views each. Her podcast, "Hopeful Hints," boasts thousands of downloads and a worldwide audience.

Dr. Tara is dedicated to helping those struggling with their healthcare experiences, particularly women facing infertility and medical gaslighting. Her commitment to instilling self-empowerment in her patients is truly inspirational. Her approach is a blend of professional expertise and personal experience, making her guidance both relatable and effective. Dr. Tara faced her own significant healthcare challenges, which further fueled her resolve. Despite these hurdles, her resilience and determination have guided her through. Her journey is marked by humor, lightness, and an engaging edge, making her story both captivating and uplifting.