

Jean Cox-Turner, RN, MS, HNB-BC, RNC-OB, a Holistic Health Nurse Coach with Spirit of a Warrior Life Enterprises, LLC

Get to know Holistic Health Nurse Coach, Jean Cox-Turner, who serves patients in Stockbridge, Georgia.



New York, New York City, Sep 28, 2021 ([Issuewire.com](https://www.issuewire.com)) - Jean, an experienced registered nurse and board-certified holistic health nurse coach, is the Chief Wellness Officer (CWO) of Spirit of a Warrior Life Enterprises, LLC in Stockbridge, Georgia. Her mission is to help others achieve and maintain optimum wellness.

Her knowledge and profound proficiency have laid the foundation for her to be the accomplished and highly sought-after author, speaker, and wellness expert that she is today.

Graduating with her nursing degree from The University of Texas at El Paso, Jean went on to attend Troy University where she earned her Master of Science degree in Healthcare Management.

With a 25-year Army career (that includes service in the Iraq War and providing nursing support to the people of New Orleans post Hurricane Katrina), she has taken a warrior's approach at inspiring others to be good stewards of their health.

As such, Jean provides life-changing resources and services through media, published materials, and workshops for all ages. She is the host of "Health Chat with Coach Jean," Radio Show on 1570 WIGO AM Atlanta and a world-wide syndicated podcast featured on Positive Power XXI Media and available on Apple Podcast, iHEART, Pray.com, Spotify and Spreaker.com. She is a licensed minister and a founding leader of her church's Health and Wellness Ministry.

Additionally, Jean is a Partner in Health with Proactive Rehab Physical Therapy & Wellness Center in McDonough, Georgia where she contributes blogs for their patient newsletters.

Her commitment to the well-being of others is reflected in fitfoxy50 & BEYOND™, her signature wellness and lifestyle management program that is geared to the specific health changes and challenges that naturally come with turning "The Big 5-0!"

In 2018, the support she offered others hit close to home as she experienced a "suddenly" moment that changed her life. This "suddenly" moment further fortified her primary focus on self-care for optimum wellness for those living with chronic illness, disease (particularly those undergoing chemotherapy treatments), and how the practice of self-care greatly impacts health outcomes and one's personal success.

A Registered Nurse (RN) is a nurse who has graduated from a nursing program and met the requirements outlined by a country, state, province or similar licensing body to obtain a nursing license. RNs fulfill a variety of job duties. In addition to their primary role in treating and caring for patients, their responsibilities also include educating patients and the public about a variety of medical conditions, as well as providing emotional support and advice to the families of their patients. Other RN job functions include leadership, research, performing diagnostic tests and analyzing results, operating medical equipment, administering medications, recording patients' symptoms and medical histories, and assisting with patient rehabilitation and follow-up.

A Holistic Health Nurse Coach refers to a RN who focuses on holistic health by enhancing the overall wellness of their patients. Nurse coaches combine the skills they've learned in the medical field with lifestyle coaching to help their patients elevate their mental, physical, and spiritual health.

An avid writer, Jean is the author of "The Spirit of a Warrior: Jean's Self-Care Journey Through Chemotherapy," (which comes with a journal) "A Time to Testify: The Remix," "His Story, Her Story, God's Glory" as well as the journals, "My 7-Day Self-Care Journey to Healthier Habits", "Recognize, Release, & Refocus" and "The Detox Advantage". Her latest work, "There Must Be Balance, Your Health Matters" released September 2021.

On a more personal note, she is a loving wife, mother, and lovingly referred to as "G-Ma" by her grandkids. In her spare time, the former marathon runner enjoys reading and traveling.

Learn More about Jean Cox-Turner:

Through her online profile, <https://todaysnurse.org/network/index.php?do=/4148112/info/> or through Spirit of a Warrior Life Enterprises, LLC, <https://www.spiritofawarrior.life/about>

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Source : Jean Cox-Turner, RN, MS, HNB-BC, RNC-OB

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