

Carol A. Penn, DO, MA, ABOM, FACOFP, a Family Physician in Private Practice

Get to know Family Physician Dr. Carol A. Penn, who serves patients in Red Bank, New Jersey.



New York City, New York Feb 23, 2022 (Issuewire.com) - A seasoned family physician, Dr. Penn is a Master movement, meditation, and mindset coach bringing more than 40 years of experience and expertise in Mind-Body Medicine and the movement sciences. Gifted with the ability to inspire and educate about self-care, she brings a unique set of skills to her work as a physician in Red Bank, New Jersey.

Back in 2007, she graduated with her Doctor of Osteopathic Medicine degree from the Rowan University School of Osteopathic Medicine. Hoping to guide each person on their own unique journey, she holds national certifications in Mind-Body Medicine from the Center for Mind-Body Medicine; Health, Wellness and Fitness Coach from Wellcoaches; and is a certified Personal Trainer from the National Council on Strength and Fitness. Additionally, she has a 500-hour certification in yoga from Soma Yoga and is certified in Organ Cleansing QiGong.

Passionate about her profession, the doctor is board-certified in family medicine by the American Osteopathic Board of Family Physicians, which is an organization that provides board certification to qualified osteopathic physicians who specialize in delivering comprehensive primary care for patients of all ages, genders, and addressing all parts of the body.

To boot, she is board-certified in obesity medicine by the American Board of Obesity Medicine, which is a 501 nonprofit, self-appointed physician-evaluation organization that certifies physicians practicing obesity medicine.

Having achieved a rare standard of excellence in the academic community, Dr. Penn is a Fellow in the American College of Osteopathic Family Physicians (FACOFP) and is Clinical Faculty with the Rowan University School of Osteopathic Medicine, the Center for Mind-Body Medicine, and the Medical Moguls Academy.

Moreover, she is a recent graduate of the Whole Health Medical Institute and serves as a leader in her community as a member of the Board of Health and in her capacity as a Trustee with Lunch Break Inc. She is also a two-time best-selling author and her book, *Meditation In a Time of Madness*, launched in 2019 as a number 1 best seller in the category of meditation and alternative medicine.

A businesswoman, servant leader, and entrepreneur, Dr. Penn is a Founder/Activist and Chief Visionary Officer of Penn Global Visions LLC, a health and education multimedia firm changing the world one meditation at a time. She is also a medical correspondent for WURD Radio in Philadelphia, where she is a frequent guest and Podcaster, as well as the host of her own weekly show and podcast: *Weightless in Mind, Body, and Spirit*. A creative forever, she continues to direct her all-volunteer women's dance ensemble, Core of Fire.

Family medicine is a medical specialty devoted to comprehensive health care for people of all ages. The specialist is called a family physician or family doctor. A family physician is often the first person a patient sees when seeking healthcare services. They examine and treat patients with a wide range of conditions and refer those with serious ailments to a specialist or appropriate facility.

On a more personal note, Dr. Penn is a super proud wife, mom, and daughter living and loving in the

midst of a beautiful blended family, surrounded by a beloved extended family and connections and kinship with friends and colleagues.

Learn More about Dr. Carol A. Penn:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/2722408-Carol-Penn-Family-Practitioner> or through Carol A. Penn, DO, <http://www.drcarolpenn.com/about/>

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