

Veteran Nurse Launches “The Art of Being ILL” – A New Website to Empower Patients and Caregivers

Long Beach, California Jul 9, 2025 ([IssueWire.com](https://www.IssueWire.com)) - New platform offers free patient advocacy tools, blog posts, and checklists to help people navigate illness with clarity and confidence.

After 40 years of hospital experience, nurse and patient advocate Heather Cowan has launched The Art of Being ILL, a free website designed to help patients and caregivers navigate the often confusing and overwhelming healthcare system.

The site—www.artofbeingill.com—offers plain-language blog posts, real stories, and downloadable checklists that simplify medical communication and promote patient advocacy. Whether someone is newly diagnosed or caring for a loved one, the content helps users feel more confident and in control.

“Being a patient shouldn’t mean being powerless,” says Cowan. “I created this space to help people find their voice and advocate for the care they deserve.”

So far, The Art of Being ILL features over 15 blog posts and a growing library of Patient Power Checklists covering topics like doctor visits, medication management, and discharge planning.

The site is completely free and updated weekly with new insights aimed at turning confusion into clarity—and fear into empowerment.

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