



Latecia Murphy, RN, BSN, M Ed, CHES

Latecia is a graduate from the University of Houston with a Master's of Education degree, and possesses a Bachelor's of Science degree in Nursing from University of Texas at Arlington and a Bachelor's of Science degree in Community Health from Texas Woman's University. She is a Certified Health Education Specialist, with a 24 year career in the healthcare industry. Much of her career has been in health promotions serving as a change agent for individuals making behavioral health lifestyle changes. She has led one on one health coaching sessions, held seminars for groups of 10 to 100, organized health fairs, organized health campaigns, and served as a representative on several multidisciplinary and community based committees. Latecia has worked with all ages, and individuals of different socio economic status. She believes knowledge is the key to a healthier lifestyle, and the choices you make once you have that knowledge.

Latecia's desire to help others has been a contributing factor towards her career path. As a health educator she worked with individuals that were living with chronic illness and effects of unhealthy lifestyle choices. The desire to do more led to her becoming a nurse. After dealing with the effects of chronic illness within her family she realized she has to lead by example. Her health motto is to "just do it". If you do it once then you can say yes or no to something rather saying no before ever trying. She uses that as she encourages others to make necessary lifestyle changes and as they adjust to living with a chronic illness.

Latecia enjoys spending time with her family and friends, running, yoga, and traveling. She is active in community service organizations and projects. She enjoys helping others however she can.