

Delayna Watkins is a nationally recognized and award winning registered nurse with an extensive background in health promotion. She began her nursing career at 17, as one of the youngest African-American licensed practical nurses graduating with dual honors from high school and a vocational program. As a talented and lifelong learner she went on to earn a Bachelor's degree with honors from College of Notre Dame and multiple certifications from various organizations. She is currently pursuing a dual Master's degree in nursing and health education at Walden University. During her notable nursing career she embraced roles including director, educator, program administrator, and nurse clinician.

Delayna's primary focus is women's health, wellness and lifestyle change. She is the CEO and creative founder of the Women's Wellness Lounge where she provides lifestyle, fitness and nutrition services to thousands of women locally and nationwide. This unique environment makes personal health and wellness interesting and exciting for busy women on the move. A personal experience with illness triggered by stress ignited her passion for women's health and sparked the *Total Woman Wellness* movement which ultimately caught fire and became a highly sought after program.

Delayna is an accomplished, progressive motivational speaker, trainer, and wellness coach as well as a best-selling author of several books. She has developed and presented workshops and keynotes for a number of local, state, and national organizations. Among those organizations are: University of Maryland, National Black Nurses Association, Coppin State University, National Association of Professional Women, Internal Revenue Service, and many other professional organizations.

Delayna was the on-air radio show host for the *Total Woman Wellness* show which premiered physically fit commercial breaks. She has been recognized and featured on various national platforms and media including the Dr. Oz Show, Fox 45, The Steve Harvey Morning Show, other professional networks and magazines. She is the contributing health and wellness correspondent for Wealthy Sistas Radio, Diva Zone Magazine and Women that Win on Sirius and XM Radio.

Delayna is constantly in hot pursuit of her dreams and goals with the unwavering support of her family. Her husband Thomas "Tommy" is the love of her life and secret sauce to her success. Together they encourage, motivate and love five children: Tenae, Thomas III, Breona, Reggie, and Brice.

Delayna is honored to be a voice for women to experience total wellness at any age!