

## ABOUT MYRTLE

Myrtle is a public health administrator who presently heads the Community Health Services Department for the 19-county West Tennessee Region of Tennessee Department of Health. Describing it as her calling, she is as passionate about her work today as she was thirty years ago when she first began working in health promotion. Writing has also been a life-long dream for Myrtle and in 2005 she co-authored her first book with her son, Cameron, a professional trainer and coach: *small change: a 28-day guide to eating, thinking and feeling healthier*. In 2013 she authored *Free Your Mind and the Best Will Follow*, and in 2014 she and her son teamed up again to co-author *small change - BIG RESULTS: the Trainer's Guide to eliminating Childhood Obesity with Sports*. In January of 2019, her daughter Mia suffered a massive stroke. Life changed drastically for Mia and Myrtle and led them to co-write *The Stroke That Touched My Heart*, which Myrtle states may be her most compelling story yet. It chronicles the year-long journey of change and gratitude and is a testament to the theory that learning to be grateful in all things improves overall health and well-being. *The Stroke That Touched My Heart* is scheduled to be released on June 8, 2019.

Myrtle also enjoys writing poetry and has enjoyed having award winning poems published in *The Talent Among Us: Volume VII and Volume VIII; Stories and Poems by Tennessee Writers*, *The Goose River Anthology*, and the *West Tennessee Examiner*. Her work has also been recognized by a local poetry club, *Griot Collective*. Myrtle holds M.A. in Counseling, a B.A. in Psychology, is a licensed nurse and certified professional coach.