

HEALTH & WELLNESS BLOG

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Hi, I'm Whitney, a Health and Wellness Blogger and Advocate for the Epilepsy community. I was first diagnosed with epilepsy in 1986. After being seizure free for 17 years, doctors diagnosed me with Temporal Lobe Epilepsy in 2013. My free time is spent reading, writing, traveling, volunteering and divulging in the Health IT world. After implementing my own Self-Care plan, I realized it was time to share my story and help others with Epilepsy to achieve the same level of independence.

Changing Focus: Epilepsy's blog is focused on helping others take hold of their lives by identifying seizure triggers, finding healthcare solutions that works best for them, making themselves a priority, and navigating life despite the medical diagnosis. Whit is a devoted Advocate, Speaker, Blogger and tech guru.

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