

Dr. Latora Grant Scott

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Title of talk: “Invisible Exhaustion: The Real Cost of Putting Everyone Else First”

Bio: Dr. Latora is a native of Louisiana with a love of learning and educating others about holistic wellness practices (yoga, mindfulness, meditation, natural supplements). Dr. Latora began her nursing career as a Registered Nurse in 1994, her most recent clinical experience is within the therapeutic areas of Certified Heart Failure (CHF), Cystic Fibrosis, Interstitial Lung Disease (ILD) and Pulmonary Hypertension. Additionally, Dr. Latora has experience within the biopharmaceutical therapeutic areas of Asthma, ILD and CHF as a Medical Science Liaison (Board Certified Medical Affairs Specialist) and currently as a Patient and Community Clinical Educator.

She is a proud alumna of Grambling State University, Walden University and the University of South Carolina Upstate. Dr. Latora earned a BSN (1994), BA-Sociology (1995) and MPA-Health Administration (1997) from Grambling. In November of 2012 she successfully defended her dissertation and earned a PhD in Public Health, area of specialization Community Education and Health Promotion, from Walden University. And in May of 2025 she completed the MSN-ED program at USC Upstate.

Additionally, Dr. Latora holds several holistic certifications including training and ordination in pastoral health ministry, as well as certification as a psychotherapeutic yoga clinician. She is the founder and Principal Wellness Consultant at ECLIPSE Health Consultants, LLC and its affiliate The Nurse Doc is Zen™.