

Mercedes Brown

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Mercedes Brown brings a unique blend of experience from her diverse backgrounds in naval intelligence and health and wellness. With three years serving aboard the USS Ronald Reagan and three years at Naval Special Warfare Command, she honed her skills in strategic analysis, threat assessment, and information gathering, earning commendations and accolades.

Transitioning into health and wellness, Mercedes earned her Associates in Pre-Allied Health and became a certified health coach and wellness consultant. She specializes in helping individuals achieve optimal physical, mental, and emotional health, emphasizing discipline, resilience, and goal setting from her military background.

Mercedes leverages her military precision and strategic thinking to navigate professional and personal challenges, embodying a commitment to excellence and compassion in all endeavors.