



Jan Bowers

Creative Warrior Healing

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www.JanBowers.com

EDUCATION

Bachelors of Science in Honors English, United States Naval Academy, 2006

CERTIFICATIONS AND TRAINING

Nutrition Consultant, American Fitness Professionals Association, Feb 2007-Present

Personal Trainer, American Fitness Professionals Association, Feb 2007-Present

Iridology – Feb 2009-Present

CPR and Heartsaver AED - Current

Certified Traditional Naturopath – In Progress – anticipated completion fall 2010

PROFESSIONAL ORGANIZATIONS

Board Member, International Iridology Practitioners Association, Aug 2009-Present

Member, International Iridology Practitioners Association, 2007-Present

Member, American Fitness Professionals Association, Mar 2007-Present

WRITING

Freelance writer with experience in AP style, speech writing, web copy production, and editing. Publication credits and affiliations include:

- *Fusion*, Editor – Feb 2008-present
- *The Infinite Field* magazine, online publication – Editorial Staff, Apr 2009-Present
- Writer, Demand Studios – Oct 2009-present
- 30+ articles published online at www.JanBowers.com
- Newspapers (*Claremont Community News, Eagle and Journal, Eagle and Times, The Sigonella Signature, Pensacola News Journal, Bluejacket, Gosport, Navy Dispatch*)
- Magazines (*All Hands, CHIPS, Natural Awakenings, Bella*)
- Online publications (eHow, *USNA Wave Tops*, Navy.mil, *Navy Compass*)

PHOTOGRAPHY

Freelance photographer with experience in fine art, landscape, portraiture, animal, sporting, conference, and event photography. Publication credits and affiliations include:

- Founder, Creative Warrior Photography, Apr 2008 – Present
- Brightroom, Inc., June 2009-Present
- Online publications (*USNA Wave Tops, Compass, The Infinite Field Magazine*)
- Newspapers (*Pensacola News Journal, Eagle and Journal, Eagle and Times*)

PUBLIC SPEAKING/CLASSES

Planned, presented, and taught over 20 special events and classes since 2007 on topics of naturopathic health, including canine care, iridology, use of herbs and essential oils, nutrition modification, exercise management, and spiritual and emotional practices.

PUBLIC RELATIONS AND MARKETING

Public Affairs Officer, United States Navy – May 2006 –present

Wide range of experience in markets across the country, including media relations, community outreach, conference and special event planning, social networking, speech writing, broadcast journalism, podcasting, materials design and distribution, photography, and basic video.

Founder, Creative Warrior Healing – Mar 2006-present

Responsible for all marketing and public relations, including creation of marketing and promotional materials; special events appearances; publication of a monthly newsletter; social networking; blogging; web copy writing, design and maintenance of the educational website www.JanBowers.com. CW Healing launches periodic comprehensive campaigns, such as a the six-month “Change your Mind!” mental health awareness project Dec 09 – May 2010.

Creative Warrior Communications – Mar 2008-present

Currently managing public relations and marketing campaign for Deserts Rose Healing Ranch, a 600-acre naturopathic healthcare retreat under construction outside of San Antonio, Texas.

COMPUTER SKILLS

Dreamweaver CS3, Microsoft Office Suite XP and Vista, Adobe programs, Microsoft Publisher