

Hello,  
My name is WIL Turner.

I am the proud founder of Living Well with WIL's Men's Health and Wellness Coaching.

I develop and facilitate fitness, health, and wellness workshops, men's health speaking symposiums, and retreats to support young men, men of color, and men whose lives are adversely impaired or limited by depression, stress, anxiety, aging, social stigmatization, emotional, and relational disparage, sexual and emotional abuse, PTSD, HIV, and mental illness.

I help men strengthen their mindsets, relationships, and bodies for longevity and a better quality of life.

I would like to extend my expertise and support to the community of men of like mindedness and those passionately invested in men's health initiatives by inviting the opportunity of collaborating and networking with those who advocate for men's health and men's support groups via invitation on the Living Well with WIL podcast, as supporting and affiliated organizations, businesses, sponsors, bloggers, and contributors to Living Well with WIL blog page on the Living Well with WIL website.

-WIL Turner  
Men's Health and Wellness Advocate And Coaching Specialist