

A full-length portrait of a woman with short, styled purple hair, wearing a white lab coat over a blue top. The lab coat has colorful floral patterns on the lapels and cuffs. She is wearing multiple rings and a large bracelet. Her hands are clasped in front of her. The background is white with a pink vertical bar on the left.

Dr. LaKeidra

L A V I S H L I V I N G S T R A T E G I S T

A stylized pink logo consisting of two overlapping leaf-like shapes.
Lavishly You
THE STANDARD. THE LIFESTYLE. THE BRAND.



SHE'S MORE THAN JUST MEDICINE

Are you striving to achieve a lifestyle of great health, wellness and wealth? Do you have a family history that predisposes you to potential progressive diseases such as hypertension, hypercholesterolemia or diabetes? Are you ready to take charge of your life and achieve your heart's desire? If you have answered yes to any of the questions above then look no further, your answer is in front of you!

Dr. LaKeidra is your go-to best friend, sister, cousin, FAVORITE pharmacy diva and LaVish Living Strategist! She is a clinical pharmacist, speaker, entrepreneur, mother and the Chief Executive Officer and Visionary of LaVishly You where she is laser-focused on helping YOU "Embrace the LaVish in YOU!" Having spent much of her adult life challenged with maintaining healthy living habits, she set out on her journey to attain the lifestyle she desired.



YOUR GUIDE TO HEALTHY LIVING (BIO CONTINUE)

With an extensively predisposing genetic history, she knew she had to do something to maintain her clean bill of health, she also knew she did not want to become an avid user of the very thing that she dispenses day in and day out; prescription medications! Dr. LaKeidra is on a laser-focused mission to empower lives through awareness of healthy habits and safe medication practices. She is energetic, excited and compassionate about helping you live your healthiest life yet!

Are you already on prescription medications? No fret! With an extensive background in the profession of pharmacy, Dr. LaKeidra uses her wisdom and knowledge to help filter through all the mayhem and get straight to the point of what you need to know about your medications to use them safely and effectively. She is ready willing and able to pour her knowledge into you that you may live your healthiest, wealthiest life yet! As Dr. LaKeidra truly believes that the first wealth is health!



DR. LAKEIDRA'S CREDENTIALS

- Florida Board Of Pharmacy Registered Pharmacist
- 2005 Doctor of Pharmacy Graduate of Florida A & M University College of Pharmacy & Pharmaceutical Sciences
- 2006 Graduate of Sarasota Memorial Hospital General Pharmacy Practices Residency
- 2013 Certificate Recipient of the American Pharmacist Association Medication Therapy Management Program
- Currently Practicing 11-Year Clinical Coordinator

DR. LAKEIDRA'S PASSIONS:

- Safe Medicine Practice
- Heart Health
- Therapeutic Lifestyle Changes
- Allergy Vs. Side Effects - Understanding The Difference
- Breast Cancer Awareness



1. Tell us a little about who Dr. LaKeidra Is.
2. Share how you got your start as a Pharmacist?
3. How Important is it for individuals to pursue a healthier lifestyle?
3. What advice would you give to others who are struggling to live a healthier lifestyle?
4. Tell us more about the birth of " Styled by Kei/Lavishly You Brand?"

DR. LAKEIDRA'S SAMPLE INTERVIEW QUESTIONS

5. How does this brand tie into your pharmaceutical endeavors?
6. What sets you apart from other pharmacists?
7. What's on the horizon for Dr. LaKeidra?
8. Are you available to speak to churches, Non Profit organizations, or groups?
9. How can our audience contact you?
10. Is there anything else you would like to share?





WHAT OTHERS SAY ABOUT LAKEIDRA

"I have known Dr. Lakeidra for over 15 years and what I can attest to regarding her work ethic is how passionate she is about her craft. She goes above and beyond what is required to get the job done, a rare quality these days. Her knowledge is sound and I know I can definitely count on her expertise. Dr. Lakeidra is a great resource and wealth of information. I am beyond grateful to have her as a treasured colleague!" - Dr. S. Bennett

"Dr. Lakeidra is one of the most sought-after wellness consultants and speakers that I've had the pleasure of meeting! I've learned invaluable information from Dr. Lakeidra regarding the type of questions to ask my Primary Care Physician and local pharmacist that would have caused a counter-reaction with my prescription medications; I had not known this beforehand.

Dr. Lakeidra is thorough, she follows-up, and she cares! What I've learned from her has transformed how I view medicine and my overall well-being in living life healthy and whole!"

Regina A. Cotton, CEO of I-Motivate Solutions

"My 3 y/o granddaughter was taking several different medications and the side effects were causing us concern so I started searching online for answers and came across Dr. Capers video. She was talking about the importance of asking questions when dropping off or picking up medications at the Pharmacy. After watching her video I emailed her about the medications that I was concerned about and she was kind enough to email me back and explain these medications to me.

After her video, I immediately spoke with my granddaughter's pediatrician and they made some changes to the instructions and decreased how many times per day she was to take her treatments and also changed one of the meds. Since the video my routine when picking up meds is if it's a refill I make sure they are giving me the correct medication and if it's a new prescription I ask the pharmacist what the medication is for, do they feel it's a safe dosage and is it safe to take with my other meds.

Since speaking with Dr. Capers I no longer just walk past the Consultation window. I have been more aware than ever about what meds I take or give to my granddaughter and when it's a new med it's important to not only question the prescribing Doctor but get a second opinion from the pharmacist."

Thank you Dr. Capers - Cherrie Moore

