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*Dr. Ravin, PharmD*

SPEAKER | AUTHOR | PHARMACIST | ADVOCATE

*Healing with Purpose. Leading with Faith.*

ELECTRONIC PRESS KIT

# Welcome

SPEAKER | AUTHOR | PHARMACIST | ADVOCATE

Welcome to my Electronic Press Kit! I'm Dr. Ravin Milton, PharmD—licensed pharmacist, author, advocate, and dynamic speaker. Whether I'm in the pharmacy or on stage, my goal is the same: to inform, inspire, and impact lives in a meaningful way.

This press kit is a resource for colleges, universities, media professionals, and event organizers looking to connect with a speaker who brings both expertise and heart. Inside, you'll find my bio, featured topics, accomplishments, and links to books and media.

I pray that through my story, education, and faith, you find a voice of truth, healing, and direction.

— Dr. Ravin Milton, PharmD



# About

## DR. RAVIN MILTON

Dr. Ravin Milton is a mother, pharmacist, author, and faith-driven leader. A graduate of Xavier University of Louisiana College of Pharmacy and the University of Illinois at Chicago, she has faithfully served the healthcare community for over 23 years.

Her work bridges science, service, and spirituality. Through her online programs like Health Talk and Rx Info on the Go, she makes wellness accessible and faith-forward. She currently manages a local independent pharmacy and serves as a pharmacy consultant addressing compliance, inventory control, and technician training.

Dr. Ravin is also the founder of the **Kyron D. Coleman Memorial Foundation**, honoring her late son. This foundation provides scholarships to siblings of special needs children and supports families with special needs. Her journey through grief and faith led her to become a voice for healing, especially among women and healthcare professionals.

Above all, Dr. Ravin follows God's lead in every area of her life and ministry.



## BOOK & CONNECT



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# Dr. Ravin, PharmD

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## TOPICS

### Grief, Growth, & Grace

This heartfelt keynote explores healthy ways to process grief and avoid emotional isolation. It emphasizes the importance of both finding support and offering it to others, and provides insight on rebuilding one's identity after the profound loss of a child.

### Faith in the Field

This presentation highlights pharmacy and healthcare as a ministry of healing. It inspires audiences with stories of compassion and faith in healthcare and shares faith-led stories of hope that bring a spiritual dimension to the practice of care.

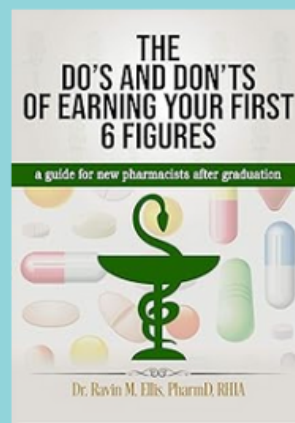
### Pressing Through the Pressure

This keynote delivers real talk on overcoming adversity while staying focused in college. It offers strategies to manage stress, self-doubt, and burnout, while delivering a powerful message of resilience and the importance of finding your "why."

### From Lecture Halls to Life Lessons

This talk explores the journey of navigating life as a pharmacy student with purpose and resilience. It dives into lessons in compassion, integrity, and perseverance, while sharing how the speaker's personal story shaped her professional path.

## DR. RAVIN'S BOOKS



Dr. Ravin is the author of three impactful books that empower both the heart and the hustle. **The Rx Care Journal** is a 30-day guided reflection tool that helps pharmacists prioritize self-care and well-being. Her memoir, **The Girl Who Wore Her Heart on Her Back**, is a coming-of-age story about emotional expression, self-permission, and faith-driven healing for young women. In **The Do's and Don'ts of Earning Your First 6 Figures**, Dr. Ravin offers practical advice to help new pharmacists navigate the shift from school to career with financial wisdom and confidence.

# Advocacy & Impact

## The Kyron D. Coleman Memorial Foundation

### Our Vision:

To support families navigating the journey of raising children with disabilities by easing the financial burdens that often come with specialized care. We believe that no parent should have to choose between providing for their child's unique needs and their family's overall well-being. Through faith, advocacy, and resources, we strive to bring hope, honor, and healing to families walking a road few truly understand.

### Our Mission:

To offer scholarships, practical support, and emotional encouragement to families of children with disabilities and to honor the resilient siblings who often serve as quiet heroes in the background.

### Signature Initiatives:

- Kyron D. Coleman Memorial Scholarships
- Special Needs Family Support

### Health Talk

*Merging the love of science  
with the love of God*



### RX on the Go

*Weekly education from a  
pharmacist heart*



# Let's Connect



## Creating Impact Together

Whether you're looking for a passionate speaker, a partner in advocacy, or a collaborator with lived experience and professional expertise, I'd love to hear from you. My mission is rooted in faith, service, and purpose and I'm committed to showing up with heart in every room I enter.

Let's bring healing conversations, empowering insights, and purpose-driven leadership to your next event or platform.

## GET IN TOUCH



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