



For all of his adult life, Dr. Kent has been deeply interested in fitness, nutrition, health behaviors, and preventative medicine. However, when his last child left home for college, he decided to embark on a new educational journey with the intent of dramatically altering his medical practice. In 2010, he decided to obtain a Masters in Public Health in Lifestyle Medicine from the prestigious Loma Linda University. This required a six month sabbatical during 2012 where he completed his MPH on campus in the only "Blue Zone" in the US (located in Southern California). In 2012, he also completed a rotation at the Institute of Lifestyle Medicine at Harvard and at the Center for Lifestyle Medicine in St. Helena, California. In August, 2012, Dr. Kent returned to Naples to assemble an elite team of professionals who would provide a new model of preventative/rejuvenative medicine which is patient centered and involves a nutritionist, physical fitness/exercise specialists, behavior specialists, certified health and wellness coaches, and a specialized physician. The Kent Center of LIFE is the culmination of his vision and he began seeing Lifestyle Medicine patients in Naples in November 2012.

In his earlier years, Dr. Kent finished college with a perfect GPA and graduated medical school Magna Cum Laude from the University of Alabama School of Medicine. At his medical school, he was chapter president of Alpha Omega Alpha, the medical honor society that comprises the

top ten percent of medical students. Next, Dr Kent trained in Head & Neck surgery at the University of Florida/Shands Hospital. Dr. Kent then completed a fellowship in Facial Plastic and Reconstructive Surgery in Cincinnati Ohio.

In 1990, Dr. Kent began private practice in facial plastic surgery in Naples, Florida. Over the next 18 years, Dr. Kent owned and operated Naples Facial Plastic Surgery and helped raise his children. During this time, Dr. Kent also served as the

president of the Collier County Medical Society, vice president of the American Academy of Facial Plastic and Reconstructive Surgery, board member of the American Academy of Facial Plastic and Reconstructive Surgery, and the American Board of Facial Plastic and Reconstructive Surgery. He also authored and published multiple medical papers, and gave dozens of lectures nationally and internationally to his facial plastic surgery colleagues. Dr. Kent also served on the Florida Board of Medicine from 2000 to 2004 and was elected as chairman of the Board. Dr. Kent is co-author of *Your Complete Guide to Facial Cosmetic Surgery*, which was released in 2004. He is also featured as one of fifty top cosmetic surgeons in the United States in *The Beauty Makers*. He was voted by his peers from 2007 to present as a "Best Doctor" and also won the Naples Daily News Choice Champion award for Best Plastic and Cosmetic Surgeon in 2004, 2005 and 2007. All of this preceded his journey to professionally provide Lifestyle Medicine and health coaching (see paragraph 3)

In addition to his professional endeavors, Dr. Kent is committed to serving the community and assisting those in need. He served for 8 years as Vice Chairman of the Liberty Youth Ranch Board of Directors. Liberty Youth Ranch is dedicated to providing a permanent and loving environment for abused, neglected, homeless and orphaned children in Southwest Florida.

Dr. Kent is married to Charlotte, a computer analyst and mother of their three children: Kristi, Allen and Aimee. He was also recently blessed with a new grandchild. Family life and health and wellness are the areas where Dr. Kent focuses outside of the office.