

BIOGRAPHY

LT COLONEL JOANNE ROSE RUGGERI, USAF, RETIRED

Lt. Colonel Joanne Rose Ruggeri is retired from the United States Air Force Nurse Corps after 28 years of active-duty service. Joanne has held a variety of leadership positions and has relocated to military bases within the United States as well as overseas locations. Colonel Ruggeri received her Doctorate degree in Nursing Practice and is board certified as a Family Nurse Practitioner. Joanne believes in “Integrative and Functional Medicine, which is the combination of traditional treatments and alternative therapies analyzing the underlying root causes of illness. Her focus of care is to develop a relationship with the client in a form of a partnership to provide specific, individualized health care. She treats her clients in a comprehensive approach and works to correct the body, mind, and soul to allow the entire body to heal in the most natural way possible. She emphasizes lifestyle changes by addressing nutrition, exercise, sleep, stress levels, mental health, and other aspects of life.

Joanne has been a professional leader with over 35 years’ experience in nursing and in health care services. Her interest is to improve the overall quality of healthcare and to achieve the highest level of optimal health care outcomes for the individual and family unit. She believes in team productivity and strong teamwork to deliver the excellent customer satisfaction. Joanne is also a volunteer member for the Massachusetts Emergency Response Team and the American Red Cross. Currently, Col Ruggeri has enrolled in a one-year Self-Publishing Course and is currently working on a memoir.

Col Ruggeri and her husband Steve have been married for over 25 years and currently reside in Palmer, Alaska since 2015, along with their black Labrador Winston. They both enjoy traveling, reading, and are die-hard fans of the Boston Red Sox and New England Patriots.