

TGIF Provider Spotlight Week 9: LaTonya Thomas



LaTonya Thomas, OMC's newest Family Nurse Practitioner (FNP) in Tallulah, has been a credentialed FNP since July of 2020 and joined the OMC family in June 2025! Ms. Thomas spoke about her healthcare philosophy stating is that "healing is centered around one's emotional and spiritual well-being coupled with one's psychological health."

When it comes to giving patients and those around her health advice,

she always says "Put your health first. Listen to your body!" The world moves so fast, it's important to stop and take a second to realize if YOU are ok, and Ms. Thomas looks to reiterate that point to her patients as much as possible.

Ms. Thomas was asked what two health conditions she is the most passionate about treating and she stated that she is especially passionate about obesity and heart disease. "Both are closely linked and both can have serious, long-term effects on your health; often reinforcing each other and leading to additional complications!"

When asked about one interesting fact about herself she gave quite the answer. "I love to dance in the rain," says Ms. Thomas. "I find it very relaxing and so does my grandchildren!" If there is ever a rainy day outside OMC, look outside and you might be able to find her outside grooving!