

Delicia M. Haynes, MD, a Family Physician with Family First Health Center

Get to know Family Physician Dr. Delicia M. Haynes, who serves patients in Daytona Beach, Florida.



New York City, New York Feb 29, 2024 ([Issuewire.com](https://www.issuewire.com)) - Dr. Haynes is a board certified family physician and obesity medicine physician with a goal to inspire wellness, promote education, and empower those within her community to achieve their full potential. She serves as the CEO and Founder of Family First Health Center, an integrative membership-based family medicine clinic with a worldwide reach based in Daytona Beach, Florida.

Serving a diverse patient base, including Olympic athletes, CEOs, best-selling authors, weekend warriors, top employees, teens and domestic engineers, Dr. Haynes compassionately helps them improve their physical and mental health so they can show up fully in their personal and professional lives.

“Being a physician is truly an honor and one that I view as my life’s calling. It is a privilege for me to form a strong connection with my patients, empowering them to look and feel their best from the inside out.”

Recognized as a “trailblazer” in the medical community, Dr. Haynes has revolutionized America’s Healthcare system with the Direct Primary Care movement— a model that provides a range of services

for an affordable flat monthly rate. She is on a mission to advocate for the “sacredness” of the doctor-patient relationship, helping patients and physicians redesign their relationship from a place of true service.

Her commitment to helping people understand that “true medicine comes in more than pill form” has enabled several of her patients to shed excess weight, safely stop medications including insulin, become clinically non-diabetic, and live an energetic life they love.

Academically, Dr. Haynes earned her Bachelor of Arts Degree in Biology with a minor in Spanish from the University of Louisville and attended medical school at the University of Kentucky College of Medicine. Subsequently, she completed her specialty training within the Family and Sports Medicine Residency Program at Halifax Health Center. Furthermore, she has expanded her expertise through additional training in aesthetics, laser cosmetic procedures, and physician-supervised weight management.

As a testament to her success, Dr. Haynes is a Diplomate of both the American Board of Family Medicine and the American Board of Obesity Medicine.

Among her professional affiliations, she is an active member of the American Academy of Family Physicians, the Florida Academy of Family Physicians, the Volusia County Medical Society, the International Association for Physicians in Aesthetic Medicine, and the American Society for Metabolic & Bariatric Surgery.

Family medicine is a medical specialty devoted to comprehensive health care for people of all ages. The specialist is called a family physician or family doctor. A family physician is often the first person a patient sees when seeking healthcare services. They examine and treat patients with a wide range of conditions and refer those with serious ailments to a specialist or appropriate facility.

As an accomplished medical physician, CEO, and award-winning business coach and mentor, Dr. Haynes speaks to a broad range of audiences, including physicians, health care providers, and organizations supporting employee health.

In addition to running her own practice, she created Premier Physician Consulting, which helps doctors transition to direct care practices so they can express the “art and heart” of medicine while increasing their inspiration, income, and impact.

A bestselling author, Dr. Haynes published “In The Dawn: A Med Student’s Roadmap to Finding a Light in Their Darkest Hour”, where she shares her own story and describes the tools and healing modalities that can help medical professionals erase stigmas so they can recognize and treat depression.

Very active within the Daytona Beach community as both a physician and a resident, Dr. Haynes is a lifetime member of Delta Sigma Theta Sorority, Inc. and serves as a mentor for pre-health professions at Bethune-Cookman University. Additionally, she volunteers with Junior Achievement, actively participates in the Daytona Beach Junior League and The Links Inc., and is certified as a Youth Motivator with Volusia County Public Schools.

Learn More about Dr. Delicia M. Haynes:

Through her findatopdoc profile,
<https://www.findatopdoc.com/doctor/455465-Delicia-Haynes-Family-Practitioner>, through Family First

Health Center, <https://familyfirsthealthcenter.com/meet-dr-delicia/> or through her website, <https://drdeliciamd.com/>

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