

## Game Winner: Mind and Body Explosion Workshop

The goal of the workshop is to prepare individuals to live a healthy lifestyle financially, physically, mentally and spiritually by attaining success within their life through their own future endeavors. I have found from my speaking engagements within the community that these four issues are lacking in our homes, neighborhoods and society. I believe this workshop will help inform, prepare and encourage individuals to live this healthy lifestyle and influence their family, friends and co-workers to do the same.