

SHARED EXPERIENCES

GETTING TO THE ROOTS OF PLANT-BASED DIETS



AUG. 25, 2020 @ 7PM

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There is never a better time to improve your health than now! Join us and get to the roots of a plant-based diet. Come learn how to make minor improvements, changes, or a full transformation to your dietary habits. A plant-based diet has benefits to you, animals, and the environment.

You will learn from those who transformed their dietary habits. Our panelists will share what inspired them to change and what keeps them committed, and the best practices for getting started with changing your dietary habits.

Panelists



Audie

Audie Odum-Stellato, Certified Herbalist & Owner of Audie Bramble-Garden

Kirk Charles, Fitness Trainer & Author

Karen A. Greenwood – Lifelong Health & Wellness Lifestyle



Kirk



Karen

Moderated by: Darin C. Wright, CEO/President, The Wright Group, LLC (www.thewrightgroupllc.com)

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Distinguished Panel

Audie Odum-Stellato

Audie is a Certified Herbalist in the WiseWoman Tradition, graduating from Sage Mountain Herbal School, Holistic Practitioner of Asian Medicine, graduate of the OhaShiatsu Institute, certified Fitness Instructor, gardener, wife and mother. She is the owner of **Audie Bramble-Garden** (www.audiebramblegarden.com) a medicinal herb garden. She enjoys showing people how healthy foods and medicinal herbs can be delicious, and how nature can be nurturing.

Kirk Charles

Kirk Charles is a dynamic professional speaker and specialist in the fields of physical fitness, plant-based nutrition and lifestyle enhancement. His captivating presentations are based on **Leadership Habits that Elevate Results**.

Kirk is the author of three books regarding maximum results, including: *Live in the Power Zone*, *The 2-Minute Office Workout* and *The 1st Aisle*. He works relentlessly to uncover the pearls of wisdom that produce the greatest rewards. His forthcoming book, *Fit Beyond 40*, is scheduled for release during the holiday season of 2020.

Kirk has touched millions of lives by authoring more than 100 nationally published articles on business development, success principles, lifestyle enhancement, motivation, exercise and nutrition. He is currently the *Fit Beyond 40* columnist for **Men's Health Magazine** and is a contributor to **TheHub.News**. Kirk has also written many business articles for **Black Enterprise** and motivational articles for **Black Men Magazine**. Kirk has been a featured guest on the television show **Life & Living with Joanna Gaggis** and has made several appearances on **SiriusXM Urban View** talk shows **The Karen Hunter Show**, **The Happy Hour with Heather B** and **Ask the Good Doctor**.

Kirk was raised in Linden, New Jersey and currently resides in Montclair, New Jersey, where he continues to inspire the forty and beyond population.

Karen Greenwood

Learning along the way since my mid-twenties, Karen continued to refine her practice of eating to live a quality life. After a severe salmonella infection in her early twenties that took several months of recovery, Karen was ignited to begin her journey towards a plant-based diet and a health and wellness lifestyle.

Her daily habits include: 15 minutes of standing meditation (Qi Gong), 1 hour of cardiovascular exercise (spinning, biking, hiking, boulder climbing, tennis, etc.), minimum 2 mile walk, stand a minimum of 9 hours per day, avoid the 4 whites (sugar, flour, salt, milk), and many others
Aspirations: drink at least 80 -ounces of water per day, sleep well, and manage stress.

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