

SHARED EXPERIENCES

HEALTHY EATING – GETTING STARTED!

“Let food be thy medicine and medicine thy food” is wise ancient advice. Our bodies were designed to heal themselves with the aid of Nature. We can improve our health and wellness by simply improving our dietary choices. Eating healthy is not budget dependent. It is a mindset to be your best self for you and your loved ones.

If developing good eating habits is a challenge for you then take this opportunity to learn from those who made the pivot and live it everyday. **Join us for another Q&A Health & Wellness panel discussion and be part of the transformation.**



OCT. 15, 2020 @ 7PM

Register at
www.BLACKMALL.biz/eventmgr

Panelists



Audie

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



Kirk

Kirk Charles, Men’s Health Magazine Fit Beyond 40 Columnist, Certified Personal Trainer, & Author



Karen

Karen A. Greenwood – Lifelong Health & Wellness Advocate

Learn more about the panelists

<http://se.IMpossiblemall.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 **Audry 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 Gagis** 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.