

# SHARED EXPERIENCES

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## SHARED EXPERIENCES

### Health & Wellness

## Why Fiber is Important to Your Health

Self-care and holistic health and wellness are becoming common as more people take ownership of their health. People are learning more about nutrition, fitness, yoga, meditation, and self-healing techniques. Self-help industry continues to grow as more people seek to live more meaningful and authentic lives. The healthcare industry is trending toward integrative medicine approach to delivering care to patients. Please join us and take advantage of our panelists' shared knowledge and experience to jumpstart your journey to owning your health and wellness.



**Our Guest Expert:** Kirk Charles is a dynamic professional speaker and specialist in the fields of physical fitness, plant-based nutrition and lifestyle enhancement. He is the author of 4 books regarding maximum results. 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 a columnist for Men's Health Magazine and Kirk has written many business articles for Black Enterprise and motivational articles for Black Men Magazine.



**Date:** 04/12/2021    **Time:** 06:00PM – 07:00PM    **Where:** Online  
**Register:** [IMwell.IMpossiblemall.com/eventmgr](https://se.IMpossiblemall.com/eventmgr)

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## Distinguished Panel

### **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.

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