



*Cynthia Mobley Howell*

CEO & FOUNDER HOWELL ARE YOU

- KEYNOTE SPEAKER
- MINISTER
- AUTHOR
- LIFESTYLE TRANSFORMER
- TALK SHOW HOST
- MENTAL HEALTH ADVOCATE

Cynthia Mobley Howell is passionate about empowering others to take charge of creating their optimal health. She emphasizes a three-pronged approach, and her philosophy centers around the necessity of strategically managing the SPIRIT, SOUL, and BODY! As a result, one takes charge of creating their OPTIMAL HEALTH! I've decided to NOT keep quiet anymore about anything that threatens to compromise the well-being of humanity.

- I decided to NOT keep quiet anymore after surviving a childhood with three mentally ill siblings.
- I decided to NOT keep quiet anymore after transforming my lifestyle and losing 50+ pounds.
- I decided to NOT keep quiet anymore after I realized that the way I showed up in the world wasn't serving me.
- I decided to NOT keep quiet anymore after God called me to share my experiences with others.

*Book Cynthia Mobley Howell for your next event!*  
Keynote Speeches | Interactive Workshops | Expert Panels

### SIGNATURE SPEECHES & WORKSHOPS

- Early Intervention in Mental Health
- Bridging the Gap Between the Faith-Based and Mental Health Communities
- Coping with Sibling Mental Illness
- How A Plant-Based Lifestyle Can Transform Your Life



info@cynthiamobleyhowell.com



(321) 758.8355



www.cynthiamobleyhowell.com