



Cynthia Mobley Howell

Keynote
Speaker

Cynthia Mobley Howell is the Founder and CEO of HoWELL ARE YOU, a Health and Wellness business where the primary focus is creating optimal health. HoWELL ARE YOU embraces an integrated approach to health and wellness which includes strategic management of the SPIRIT, SOUL, and BODY.



Keynote Speaker|Minister|Author|Lifestyle Transformer
Talk Show Host
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Speaking Topics

- 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

Memberships

- NAMI
- Black Speakers Network

Affiliations

- Board Member Middle Ground with JLE, Inc.



Links

Speaking: <https://youtu.be/YjP7c9-6BM4>
(Leadership Experience Tour Excerpt)

Interview: <https://bit.ly/3A19JPf> - PART I
<https://bit.ly/3OHyvbp> - PART II
(Interview with Jenni Russell of UK Health Radio)

Talk Show: <https://youtu.be/6B1ObZbwgE8>
(Interview with Gregory S. Dossie - "Bullycide")

Article: <https://www.nami.org/Blogs/NAMI-Blog/July-2021/What-My-Brothers-Taught-Me-About-the-Importance-of-Early-Intervention>



Logos



EXPOSURE

