

# Wellness Empowerment 2024



*Wellness is a lifelong journey, the only way to reach your destination is to allow God to be the light which directs your path.*

\*\*\*\*\***FREE**\*\*\*\*\*

## **HEALTH & WELLNESS SUPPORT**

### **WEEKLY GROUP MEETINGS**

**FEBRUARY 26, - APRIL 8, 2024**

### **ADAMS CHAPEL A.M.E. ZION CHURCH**

212 Lake Montonia Road  
Kings Mtn., NC 28206

**SPACE IS LIMITED**

**Participants must sign up for each class.**

**SIGN UP @ [www.lasunwilliams.com](http://www.lasunwilliams.com)**

Go to 'Book Appointment' - *Group Wellness Support Class*

**For more Info Call LaSun Williams: 704-734-7589**

Christian Education Director: Crystal Brown @ 704-418-4878

Trustee Chairman: Lester Williams @ 704-574-1996

## **WEEKLY MEETINGS**

**Monday @ 6:30PM**

**FEB 26<sup>TH</sup> - APRIL 8<sup>TH</sup>**

### Discussion Topics

- The Breath of Life
- Caring for your Mental Health
- Stress Management
- Meditation Practice
- Improve Sleep
- Disease Prevention
- Diabetes Prevention
- Weight Loss Tips
- Diet and Exercise
- Healthy Recipes
- Meal Prep Ideas
- Personal Care Tips
- Aging well

Sponsored by



**LaSundra Williams**

Email: [lasunwilliams@gmail.com](mailto:lasunwilliams@gmail.com)

**Ph# 704-734-7589**

# Meet the Wellness Support Team



## LaSundra Kendrick Williams

LaSun brings a unique coaching style to the wellness industry. By taking an innovative approach to providing health and wellness education sessions to clients and community. Believing that with knowledge comes empowerment, she shares the latest research and wellness strategies to help guide clients to success in their wellness journey. The goal is to leave them feeling wiser, stronger, and more focused. Ultimately thriving with a healthier mind, body and spirit. LaSun and her team provide clients with a variety of options when it comes to managing their personal well-being. Helping them see that they can make positive lifestyle changes and design a fit perfect plan.

LaSun received a B.A. degree in Applied Psychology from Belmont Abbey College in Belmont North Carolina. She received a level 2 Certified Personal

Training certificate from WITS, (World Instruction Training School) in 2017. 2023 LaSun studied and became certified as an *USUI/Holy Fire III Advanced Reiki Practitioner*. She also studied and became certified in *Sound Healing Therapy* and *Vibrational Training for Group Sound Baths*.



## Erica Williams

Erica is a certified Zumba instructor with a passion for dance and group fitness. She is also certified to teach TRX suspension training. Erica teaches group fitness classes for Fit Perfect and the YMCA in Kings Mountain, North Carolina. She loves connecting with people, and understands that everyone has a different fitness level, therefore works to make everyone feel comfortable and welcome in each class.



## Tiffany Williams-Crank

Dr. Tiffany Crank is a trailblazer in the field of public health dedicated to promoting health equity and bridging healthcare gaps for the medically underserved. She has over 12 years of experience as a leader in public health, disease prevention, and community engagement. Dr. Crank currently works with the American Diabetes Association serving as the Director of Health Equity and Community Impact for the Charlotte region of North Carolina. Along with a deep passion for serving the health needs of communities, her educational background includes an earned Bachelor of Science in

Microbiology from North Carolina State University, a Master of Public Health from Capella University, and a Doctor of Public Health from the University of South Florida.