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# HEALTH & WELL BEING STRATEGIST FOR BLACK MEN

A HEALTHY LIFE IS A MASTERPIECE WOVEN FROM THE THREADS OF WELL-BEING, VITALITY, AND HAPPINESS. IT'S NOT A DESTINATION BUT A CONTINUOUS JOURNEY, WHERE EACH CHOICE, EACH MOMENT, CONTRIBUTES TO THE TAPESTRY OF OUR OVERALL WELLNESS. SIR MOORE OFFERS A FEW STRATEGIES TO HELP ENHANCE ONES POINT OF VIEW, MENTAL CAPACITY ON THEIR HEALTH & WELL BEING THROUGH SOUND THERAPY, PHOTO THERAPY, DAD DOULA & FOOD CARE ADVOCACY.

HEALTH

WELL BEING