

LOLITA M. POPLAR, FOUNDER

NOURISH TO LIFE

WWW.NOURISHTOLIFE.COM



Like you, Christian minister and wellness specialist Lolita Poplar is frustrated by the conflicting and ever-changing nutrition information that never address the deeper spiritual issue surrounding our struggles with food and health. Combining ministry with mealtime of physical and spiritual nourishment, Lolita helps to reveal our universal need for healing.

Audiences appreciate how Lolita “meets people where they are” and “brings hope to any situation.” She has an exceptional ability to minister the Love of God to anybody. Lolita’s effective teaching and counseling skills maintain her clients’ dignity while empowering their active role in overall health and wellness.

Lolita is regarded as a leader among her peers, often requested for guidance in spiritual development, wellness, crisis intervention, and conflict resolution. Numerous churches and organizations such as the Convoy of Hope, Memphis Crisis Center, National Association of Free Health Clinics, and Church Health Center have collaborated with Lolita when they want a compassionate visionary who encourages everyone—from high-ranking officials to common neighbors—to achieve their fullest potential in life.

Lolita also is a Lifestyle and Weight Management Specialist with specialized training in food psychology, crisis intervention, and self-help recovery of Grown Wounded Children. Prior to full-time ministry, she practiced environmental health within the public sector.

Notably, Lolita rendered 10 years of honorable service as a Medical Service Corps and Manpower Officer in the United States Navy. Lolita made history for the 2018-2019 service year when the oldest American Legion Post in the state of Tennessee broke a 99-year tradition by electing her as the first African-American and first female to serve as Commander of Post 1 Memphis. This honor coincides with the 100th Birthday of The American Legion, the largest Veterans service organization in the world.