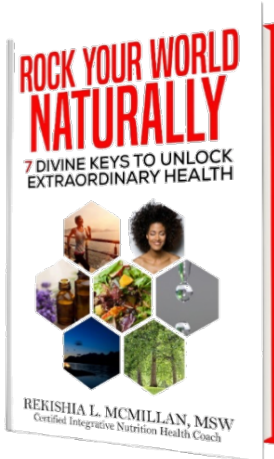


Rekishia L. McMillan, MSW

Certified Integrative Nutrition Health Coach

Air Force Veteran | Wellness Ambassador | Author | Creator of 7 Divine Keys | Professional Speaker

Need a speaker to **INSPIRE**, **EDUCATE** and **ENGAGE** your group?
Bring Rekishia McMillan to your next event.



Rekishia's presentations and seminars are an excellent combination of experience, research and practical application that result in transformation.

With a hands-on-approach and interactive style, Rekishia helps individuals break free from obstacles negatively impacting their healthy world.

Her presentation of the **Rock Your World Naturally** lifestyle motivates individuals to achieve higher levels of consciousness physically, spiritually, emotionally and environmentally.

A sought after speaker and presenter, Rekishia customizes deliverables to meet the needs of your group. Topics can be delivered as keynotes, workshops, virtually, breakout sessions or retreats.

"Rekishia's talents are recognized and sought after by other organizations; she is an asset to the community...competent, dependable and willing to help others achieve results expeditiously and accurately."

S. Yenchesky, U.S. Air Force

Popular Presentation Topics Include:

Unlocking Extraordinary Health

Poor nutrition and unhealthy lifestyle habits can hinder our health, wellbeing and ability to lead enjoyable productive lives. For many, living a healthy lifestyle is a struggle. Through practical knowledge and consistent actions, you'll learn how to achieve a better quality of life.

Rock Your World Naturally with Lasting Weight Loss

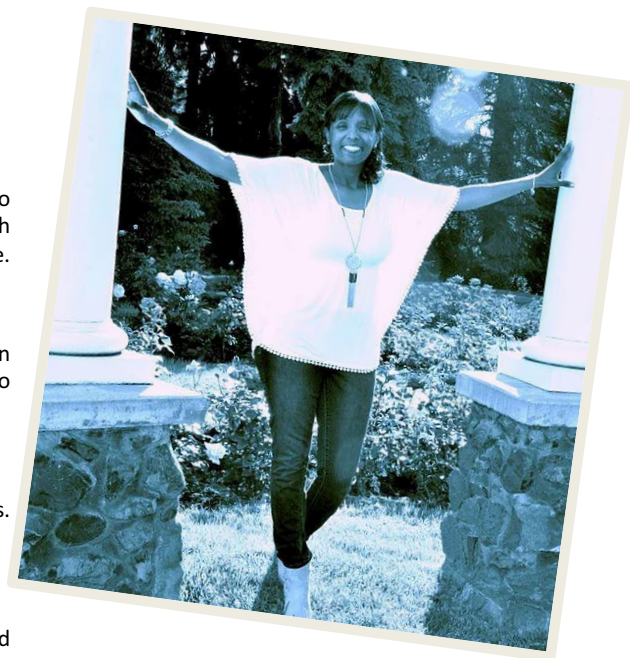
Crush the cycle of ineffective fads and diets by embracing the third of the 7 Divine Keys. Learn how to achieve optimal health and wellness by implementing basic strategies designed to radically improve your health.

How to Bring Your Chaotic World Back into Balance

Discover what external and internal forces are causing you to spin off of your personal axis. Bring your world back into balance naturally by embracing the 7 Divine Keys for a lifetime.

SIGNATURE PROGRAMS

Rockstar Detox and Cleanse, Why Essential Oils are a Must in Your World, Rock Your World Naturally with the Raw Food Lifestyle, Living Well 4 Life Veteran's Health Coaching, Heal Your World Sugar Repair.



Connect with Rekishia



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