



Women on the GROW

August 21, 2009

Featuring Kimberly Brown



Creative Consultant Kimberly Cheri Brown has been creating works of art of over 10 years. She is a graduate of Tennessee State university and associate faculty at Falcon Feather Fibers, a fiber arts studio. Her credits include writing and illustrating "Beautiful Like ME", a multicultural coloring activity book that focuses on self esteem and cultural sensitivity. Clients she has served include The Harpeth Hall School, YMCA, of Middle Tennessee, Greater Nashville association of Black School Educators, Meharry Medical College, First Tennessee Bank and many others. Kimberly's most recent project is the illustrator of The Adventures of Barackli — books that engage in a multiple-series, multi-product campaign against childhood obesity, juvenile diabetes, vegetable apathy and other ailments to put youth on the path of good health! Her work, as well as additional credits, is available online at www.kimberlycbrown.com or www.barackli.com

Kimberly is constantly working on her golf game. She says she really enjoys the driving range. She enjoys GROW because of the accessibility to women in different industries. It's a vast network

A little known fact about Kimberly is that she has a serious addiction to football. "I'm like a man," she comments. "No phones, no distractions. Just wings and the game!"



Growing Golfers One Stroke at a Time!

A Message from President Tracy Painter www.growtoday.com

Hello ladies! As Kimberly's most recent project focuses on teaching children to understand and appreciate healthy eating habits that should lead to healthy lifestyles, I certainly echo those comments and realize that it is not only important for children but also adults. It wasn't very long ago, actually about two months ago that the realization became evident to me again. While enjoying an evening out with some ladies at a Dinner At 6 event, we had an engaging conversation about working out and eating habits. I've always been one of the first to give one of the following excuses... I can't fit a workout schedule into my routine, I'm too busy, or a common one for us sisters, What am I going to do about my hair — it's going to sweat out? All of these excuses can be addressed. It's about making it a priority. And personally for me, I used to make it a priority when I was training for a pageant. I'd hire a personal trainer, hit the gym, walk and lift weights while Maleah was at dance class, etc. All while I was preparing for that calendar driven event! I found that I have to adopt a different approach. My new "calendar driven event" is my 60th birthday, kids' graduation from college, their weddings, becoming a grandparent. I have to think *long term* about my health! So every since that Thursday evening in June, I am proud to say that fitting time into my schedule for a workout has been a priority. I also had to find what works best for me — whether it is group sessions i.e. aerobics or hot yoga, cardio for 30 minutes in your neighborhood, weight lifting, rumba, etc. Please find what's best for you, there are a lot of options for maintaining a healthy lifestyle. Seed you soon!



Questions or comments or to add or be removed from the mail list info@growtoday.com
GROW * PO Box 292830 * Nashville, Tennessee * 37229