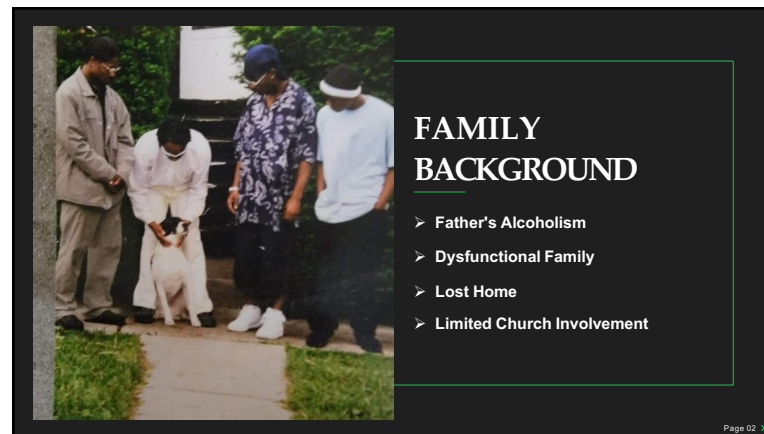




1



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## CHANGING ENVIRONMENT

- Moved to Minnesota
- Divorced
- Stopped Hanging Out
- Embraced Mindfulness

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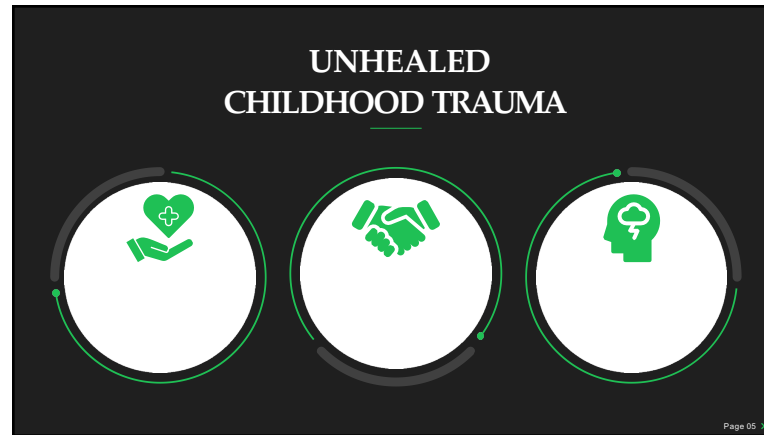
## ART SAVED MY LIFE

Filmmaker and Photographer

Documentary Work

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5

## DISCOVERING MY PURPOSE AND PASSION

- Moving Out
- Educational Pressure
- Loss of Positive Influences

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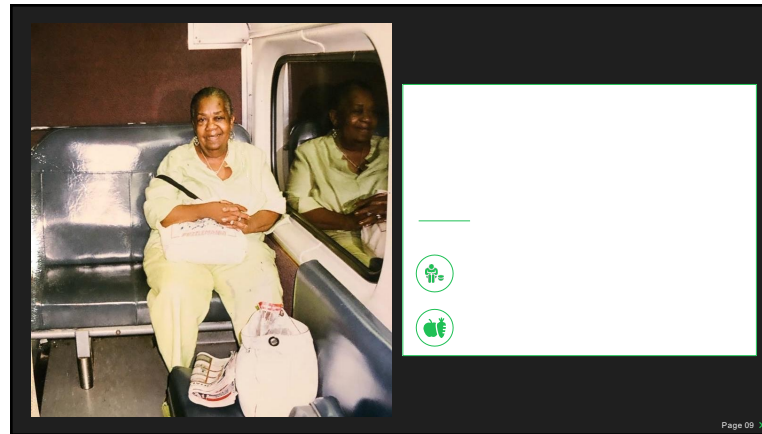
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## LIVING NATURALLY ABUNDANT

→ Community Engagement

→ Finding Joy, Strength, and Purpose



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**TRANSFORMATION  
AND HEALING**


-  Overcoming Addiction and Conditioning
-  Recognizing the Role of Food in Healing

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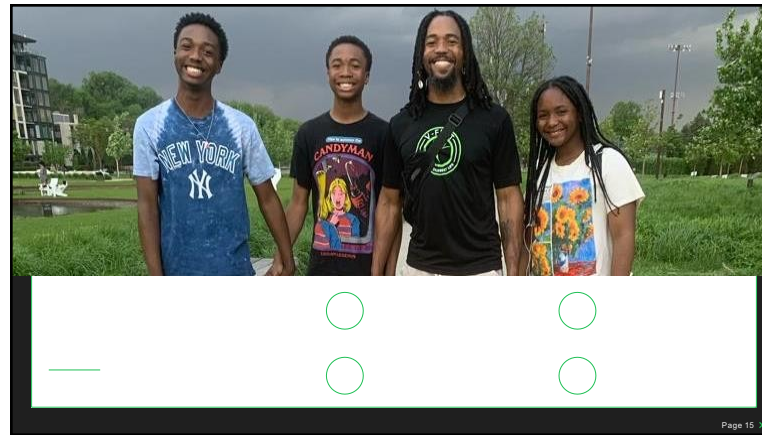
**EMBRACING  
SELF-CARE**

-  Current Endeavors
-  Organizing Healing and Health Spaces



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## POSITIVE PROGRESS AND SUCCESS

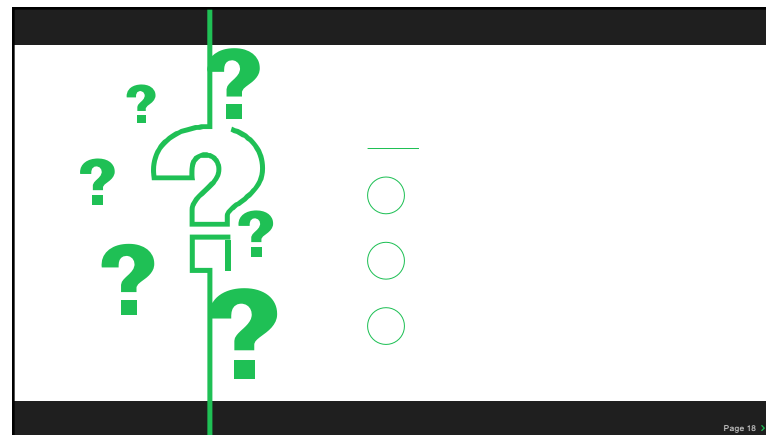
- Community Support and Self-Worth
- Encouragement for Community Support



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## CONCLUSION

- Emphasizing the Value of Self-Worth and Positivity
- Call to action or closing remarks

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