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**FOR IMMEDIATE RELEASE**

October 11, 2018

## **Kimberly Inspiring Beauty in Strength**

PRESENTS

### **3<sup>rd</sup> ANNUAL HOLIDAY HEALTH & WELLNESS OPEN HOUSE**

Lansing, MI October 11, 2018 – Kimberly Whitfield is passionate about motivating others to feel empowered by strengthening their bodies and minds through healthy living. In March 2014, she stepped-out on a leap of faith and created Kimberly Inspiring Beauty in Strength LLC. Since November 2015, Kimberly has taught several group fitness classes in the community. She enjoys inspiring others to feel good about themselves and believes it is her purpose to do so. At the age of 42, Kimberly started competing in bodybuilding competitions in the bikini and fitness model divisions. In 2017, in honor of her 48<sup>th</sup> birthday, she competed in her first powerlifting competition. Kimberly is a motivational speaker and health columnist for Healthy & Fit Magazine, Mid Michigan's Original Health and Fitness Publication.

A free open house will be held on Saturday, December 1, 2018 (9 a.m. – 12 noon) at **1629 E. MICHIGAN AVE., SUITE 101 LANSING, MI 48912**. The event is sponsored by The Gillespie Company and TGC Cares, and will include the following: complimentary work-out segments with Kimberly using 2 canned vegetables, inspiring vendors, wellness information, free chair massage, healthy cooking and smoothie demonstrations, holiday beauty tips, safety awareness, goodie bags and more. During the event, Kimberly will host a food drive for the Greater Lansing foodbank. Guests that wish to participate can view the current donation wish list online at [greaterlansingfoodbank.org](http://greaterlansingfoodbank.org)

If you would like more information about this event, contact Kimberly Whitfield at 517-488-5471 or email at [kimberly@kwinspires.com](mailto:kimberly@kwinspires.com)

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**3<sup>rd</sup> Annual Holiday Health & Wellness Open House**  
**Sat. Dec. 1, 2018**  
**9a.m. – 12 noon**  
1629 E. Michigan Ave. Suite 101 • Lansing, MI  
Sponsored by:  
**The Gillespie Company** **TGC cares**

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