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FOR IMMEDIATE RELEASE

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Kimberly Inspiring Beauty in Strength

Launches

Queen Warrior Movement

Aimed at Empowering Women and Young Ladies Ages 12-100

Lansing, MI, January 3, 2018 - *Kimberly Inspiring Beauty in Strength* has launched *Queen Warrior Movement*, an empowering movement for young ladies and women. The mission, "to inspire, motivate and encourage women & young ladies from all walks of life to feel empowered by strengthening their bodies and minds through healthy living."

The movement will offer workshops to help build confidence, gain physical strength, persevere through adversity, create the best version of themselves, and more. It will also embody Kimberly Inspiring Beauty in Strength's 3 approaches to well-being and its 3 core values. The 3 approaches to well-being are inspire, beauty, and strength. Its core values are confidence, zen, and well-being.

"I want women and young ladies to feel good about themselves, and know they own a space within the universe." ~Kimberly

"Historically, women and young ladies have faced unique challenges when it comes to balancing their lives," said Kimberly Whitfield. *"This Movement will help provide tools to lead a prosperous, successful, and purpose driven life."*

If you would like more information about this movement, contact Kimberly Whitfield at 517-488-5471 or email at kimberly@kwinspires.com

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A promotional graphic for the Queen Warrior Movement. At the top, a yellow banner reads "Empowering Workshops for young ladies & women ages 12 to 100". Below this is a collage of four women's faces. A quote from Kimberly is overlaid: "I want women and young ladies to feel good about themselves, and know they own a space within the universe." ~Kimberly. The Kimberly Inspiring Beauty in Strength logo is present. The main title "QUEEN WARRIOR Movement" is displayed in large, stylized letters. Below the title, "The Mission" is listed: "To inspire, motivate & encourage women & young ladies from all walks of life, to feel empowered by strengthening their bodies & mind through healthy living." A woman in a green and gold warrior costume is featured on the right. At the bottom right, a banner says "For more details visit kwinspires.com".