

2016 Fit Fro Expo Workshop Descriptions

Meal Prepping - Clean & Lean - In this workshop we'll take an inside look at how to prep easy, stress-free meals for a healthier lifestyle. Meal prepping helps save time in the kitchen and keeps you on track with healthy eating! You'll learn how to prep and plan for breakfast, lunch, dinner and snacks too. Our licensed nutritionist will also provide great tips on how to incorporate eating clean into your daily diet.

Taking Moisture to the Max - Moisturizing hair is an extremely common problem among naturals. In this workshop you will learn how to prevent and minimize dryness, while increasing your hair's moisture. Learn how to effectively and properly hydrate your hair to the max!

Raw Inspirations - Healthful and Delicious ways of eating Raw Foods - This engaging workshop will provide you with the benefits of eating a raw food diet while inspiring you to try this healthful and delicious way of eating. The Raw Diet doesn't have to mean living on salads, energy soups, and fruit. You'll also learn about the effects of cooking on different nutrients, where you get your protein on the raw food diet, the raw food groups and how to adapt to a raw food diet.

Mommy & Me - Interactive Workshop and Q&A to help parents or guardians with children who have natural hair. In this workshop you will discuss and answer questions on natural hair care maintenance, tips, styling techniques and solutions, including a live demo.

In the Zone - How to Win the Battle of the Bulge & Fitness Tips - During this workshop you will learn motivational tactics to help you achieve your health goals by creating simple steps for long-term healthy habits. You'll also learn some easy fitness moves and practical methods that anyone can do to increase their strength and endurance, while improving their overall health and wellness.

Natural Hair Love - In this workshop, you'll learn the basics to help you build a solid healthy hair care regimen and show your natural hair the love and attention it deserves. You'll discover how your diet impacts the health of your hair. Also, we'll discuss some basic steps to maintain the health of your hair as it grows, so you can increase the strength, moisture, length and health of your natural hair.

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Become a Boss Chick - Are you a visionary with an idea to start a business, become a successful entrepreneur, blogger, designer or more...Well this workshop is for you! Learn how to clarify, concentrate and maintain focus on your life goals, while keeping your mind focused on your goal and your life headed toward your designed destiny, as a Boss Chick!

Naturally Glam – How to Create a BEAT Face – In this workshop, our presenter will share some techniques on how to create smoky eyes, define eyebrows, apply foundation, highlighting and contouring, so you can develop your own signature makeup style!

Debt ain't Natural - Debt is one of the biggest road blocks in creating wealth in the African-American community. In this workshop we'll address how to eliminate debt for good and live a debt-free life. Learn how to build wealth, eliminate debt and create an easy and effective budget.

Pursuing your Divine Purpose – Managing this thing called life can be challenging to say the least...even more so, when you are unsure of where you are headed. In this workshop, you'll walk through a process that will help you determine your divine purpose and begin living it out.