

Champions for Change



My motto:
Live well, be well!

Cheryl S.
Champion for Change

Legacy of Health

My grandmother taught me how to cook and eat healthy meals. I passed this on to my kids. Now they are healthy adults.

Healing Power of Food and Being Active

I believe in the power of healthy food and being active to aid the body in natural healing and disease prevention.

Role Model

As a fitness instructor at Allen Temple Baptist Church, I motivate others and lead by example.

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Santa Clara County
**PUBLIC
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