

# Melinda Penny-Washington

Wellness & Resilience Educator, Inspirational  
Speaker



Melinda engages audiences with her "Four Pillars of Ancestral Wisdom™" framework, blending physical health, emotional resilience, and cultural roots to inspire individuals and groups. She helps people reconnect with their core values, fostering a sense of purpose, connection, and well-being.

Her talks empower participants to manage stress, improve overall well-being, and grow both personally and professionally by integrating time-tested wellness practices that promote balance, unity, and a deeper sense of community.

The  
New York  
Times



UC DAVIS  
HEALTH



SACRAMENTO STATE

## AREAS OF EXPERTISE

- ✓ Registered Dietitian Nutritionist
- ✓ International Retreat Facilitator
- ✓ Meditation Teacher
- ✓ Culturally Relevant Nutrition
- ✓ Disease Prevention and Healing

## LET'S WORK TOGETHER!

Feel free to reach out to discuss how I may serve your community

✉ [melinda@healthybalance3.com](mailto:melinda@healthybalance3.com)

🌐 [www.healthybalance3.com](http://www.healthybalance3.com)

Melinda offers a unique blend of ancient wisdom and modern wellness practices, empowering individuals and organizations to achieve holistic well-being, resilience, and purpose in their fast-paced lives.