



***INSPIRE, EMPOWER, ENCOURAGE, AND INFORM
INDIVIDUALS ON THEIR JOURNEY TO LIVING A
HEALTHIER LIFE***

Media Press Kit



ABOUT US

Established in May 2019, CEO Shereece Mitchell, a Health & Wellness, and Nutrition & Wellness coach, was inspired by her own weight loss journey of over 100 lbs. Shereece realized the need for a holistic transformation, encompassing physical, spiritual, and mental well-being. Our vision is to make a healthier lifestyle attainable for everyone, regardless of their financial circumstances, and to empower individuals to become the best versions of themselves.

"MIND. BODY. SOUL HEALTH."

WHAT WE DO

- ✓ Lifestyle coaching
- ✓ Weekly Food Pantry Drives
- ✓ Nutrition Counseling
- ✓ Community Health Events
- ✓ Workshops & Webinars

FACT SHEET

Food distributions:

350+

INDIVIDUALS SERVED WEEKLY

550+

FAMILIES SERVED MONTHLY

40K+

POUNDS OF FOOD DISTRIBUTED
TO THE COMMUNITY (2022)

PRESS RELEASE



SPECTRUM NEWS 13:
NON-PROFIT FEEDS
HUNDREDS OF FAMILIES
ON CHRISTMAS EVE



NEWS 6 GETTING RESULTS
AWARD



NEWS 6 FLORIDA FOODIE
PODCAST

AWARDS

2023:

New Agency of the Year
Second Harvest Food Bank of
Central FL

2022:

Certificate of Appreciation
Orange County Sheriff's Office

Lifestyle Change Award
American Heart Association

2021:

Getting Results Award
WKMG NEWS 6

VIDEO CLIPS





CONTACT DETAILS

Shereece Mitchell-Sanchez
Founder & CEO at Butterfly Lifestyle Inc



P 407.783.4976
M 954.655.3885



www.butterflylifestyle.org



shereece@butterflylifestyle.org



1060 Woodcock Road, Orlando, FL 32803

