



D O C T O R



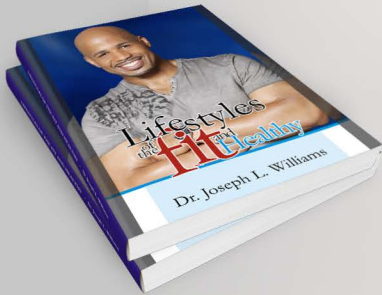
**JOSEPH L.
WILLIAMS**

D O C T O R



JOSEPH L. WILLIAMS

In addition to his pastorate, Dr. Williams is a certified nutritionist and holistic practitioner. Dr. Williams used his knowledge in nutrition to assist him in losing 110 lbs. Dr. Williams used his experience and formulated a 40 day holistic process, *"The Journey"*™. *"The Journey"*™ has been a national platform whereby he has assisted more than 3000 people in weight loss, emotional detoxification and spiritual recalibration.



Dr. Williams is a published author in the field of health and wellness. His book, *"Lifestyles of the Fit and Healthy"*, has led him to present his work in national worships and conferences as well as create partnerships with organizations like *The American Heart and Stroke Association* for his work in the community.



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JOSEPH L. WILLIAMS

Dr. Williams has the credentials, experience and a body of work due to his active work within the local church and community to present in health conferences, seminars and workshops.

Active Partnerships are:



**EmPOWERED
To Serve™**



 [youtube.com/watch?v=-oMH5RhKVQ0](https://www.youtube.com/watch?v=-oMH5RhKVQ0)

Articles about the journey:

<http://formyjourney.com/atlanta-daily-world/>

<http://formyjourney.com/sclc/>



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JOSEPH L. WILLIAMS

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