



Title I, Migrant Education, & Special Programs  
**ANNUAL PARENT SEMINAR**  
**KEYNOTE SPEAKER**  
 SATURDAY, JANUARY 30, 2021  
 8AM-3PM

“  
**When you know yourself, you are empowered. When you accept yourself, you are invincible.**  
 ~ Tina Lifford  
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**Featured on Essence Magazine's Culture List**



"An inspiring and illuminating guide to true self-care, from the sage teacher and breakout star of the critically acclaimed drama, Queen Sugar, from Executive Producers Oprah Winfrey and Ava DuVernay for OWN." - Amazon

**Tina Lifford**

Hollywood Actress | Playwright  
 Wellness Trainer & Strategist - Founder of The Inner Fitness Project | Author of The Little Book of Big Lies | Host of Love From a Distance Podcast

Actress Tina Lifford plays the vivacious breakout character Aunt Vi on the critically acclaimed television drama, Queen Sugar. She is a Hollywood veteran with over 100 characters in her long-standing career, including notable roles on Scandal and Parenthood.

Equally accomplished behind the camera, Tina is the respected playwright of THE CIRCLE, a play about how seven diverse women navigate the choppy waters of life together; author of The Little Book of BIG LIES (released by Harper Collins in November 2019); and CEO of The Inner Fitness Project, a personal development network committed to making the practices and benefits of "Inner Fitness" as familiar, well understood and accessible as those of physical fitness.

Tina refers to herself as an Inner Fitness Advocate and Strategist, providing information and life strategies that build a strong, resilient inner Self capable of masterfully navigating life's challenges and opportunities. In particular, Tina's focus offers a lifeline to those who have come to the sobering realization that a mate, career, money and a big house...and even the kids they love deeply...don't fulfill the "something's missing" that only a rich relationship with one's Self provides.

Through the Inner Fitness lens, Tina encourages everyone, no matter their age, to acknowledge the Self that lives inside, embrace their innate worth and learn to take her power back from old hurt, in order to live well and thrive.

**REGISTER NOW TO RECEIVE A FREE BOOK!**

The first 200 registrants in attendance will receive a copy of her book "The Little Book of Big Lies."



<https://bit.ly/3gtloJE>



@BROWARDTITLE1

**2021 FULLY CHARGED:**

**KEEPING PARENTS ENGAGED VIRTUALLY**  
 ANNUAL PARENT SEMINAR



For more information contact Annie Mosley at 754-321-1410 or Paula Camacho at 754-321-1420.