

## Houston Native Bridgette L. Collins Brings "Game Up for Wellness" Program to the NAACP Convention

Written by Forward Times Staff  
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Motivational Speaker, Author and Fitness Guru, Bridgette L. Collins, brings her "Game Up For Wellness" Program to the NAACP Author Pavilion Book Signing for her new book, Broken In Plain Sight.

HOUSTON, TX (July 1, 2012) - - Motivational Speaker, Author and Fitness Guru Bridgette Collins has been confirmed as a participant of the NAACP Author Pavilion 2012 at the Commerce and Industry Show in Houston, TX from July 7th – July 10th. The NAACP Author Pavilion is sponsored by the NAACP National Office. Collins, who grew up in Houston's Kashmere Gardens area attended The High School for Performing and Visual Arts and received her bachelors from Lamar University. In a recent interview, Ms. Collins stated, "I am so honored and humbled to be selected to participate in such a prestigious event." Collins recognized for her latest project "Game Up for Wellness" and her third book, Broken In Plain Sight, is excited about being one of the featured authors at the NAACP's 103rd Annual Conference. Ms. Collins' book will be available for purchase at the Author Pavilion and she will be onsite to meet conference guests and attendees, and autograph copies on Saturday, July 7th from 4pm to 6pm and Sunday, July 8th 12pm to 2pm. Her dynamic book exposes the struggles, secrets, and corruption within an African American family and their journey to find love, truth, and healing. The Author Pavilion is free and open to the public and will feature African American authors including: Hill Harper, Antonia Wright, and Etan Thomas.

Founded in 1909, the National Association for the Advancement of Colored People is the nation's oldest and largest civil rights organization and has more than half-million adult and youth members throughout the United States and the world.

### **About Bridgette Collins:**

Fitness coach Bridgette L. Collins is the owner of Total Innovative Wellness Solutions, LLC, a consulting firm that provides individuals and organizations with strategic solutions for implementing and sustaining healthy lifestyle habits. Bridgette has authored Imagine Living Healthier and Destined to Live Healthier, and most recently Broken In Plain Sight, three entertaining and inspiring books that offer a collection of fictional stories that tell of real life challenges with weight, health, work, marriage and lack of self-love. She is also featured in The Ultimate Runner by Ultimate HCI Books, publisher of the Chicken Soup for the Soul series. For interviews, companies interested in hiring Bridgette to speak, marathon or team building support, please contact iOWNpr @ [askcoachcollins@iownpr.com](mailto:askcoachcollins@iownpr.com) or contact Joyce Johnson at 713.542.5711.[www.bridgettecollins.com](http://www.bridgettecollins.com)

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