

PROFESSIONAL BIO

*Tips
4 Living*

Dolores Sherrod

.....

I coach black women to improve the health of their families and live a purpose-driven lifestyle.

Business Owner

Nonprofit Leader

Registered Nurse

Podcast Host

Christian

Author

Parent

Wife



advisor@tips4living.org

Learn more about me

www.sherrodfamily.com



Dolores Sherrod

Founder & Chief Executive Officer, Tips4Living LLC

Dolores has a BS degree in Nursing and over 30 years of experience in the healthcare industry. She worked in most departments supporting acute and critical care, cardiac, orthopedic, and heart failure patients. Early in her career, she was the director of a mother/ baby unit and enjoyed teaching parents how to care for their children. One of her most rewarding roles was training people to reverse Type 2 Diabetes. She has been a vegetarian for the past 25 years.

She also founded, with her husband Richard, a 501 (c)(3) nonprofit to help teenagers and their parents gain the skills needed for success. She is the Chief Financial Officer for The Sherrod Foundation Inc.



**Doing God's work
one person at a time!**

*Tips
4Living*

My Vision & Mission

The Problem

Type 2 diabetes is a major health crisis in the US, contributing to severe complications like heart disease, kidney failure, and nerve damage. According to the CDC, diabetes was a primary cause of more than 100,000 deaths annually. It significantly increases the risk of cardiovascular disease, with about 65% of people with diabetes dying from heart disease or stroke.

My Vision

Every African American parent has the knowledge to prevent or reverse Type 2 Diabetes, eliminate high blood pressure, improve their mobility, and live longer, healthier lives.

My Mission

I help communities of color improve their health, change their diet, improve their mobility, gain strength, maintain a healthy weight, and live happier lifestyles. I'm on a mission to help you live a life of passion and purpose. If you have problems, we have solutions.

Problems To Solve

1



HIGH BLOOD PRESSURE

2



PREVENT TYPE 2 DIABETES

3



EXCESS BODY WEIGHT

4



UNHEALTHY EATING

5



SLEEP QUALITY

6



HIGH STRESS LEVELS

*Tips
4 Living*

*Get help and live better
www.tips4living.org*

Goal 2 Breakdown

Enable 10,000 mothers to improve the health of their families and reduce illness and diseases.

Start Date:	1/1/2026
Completion Date:	12/31/2031

Steps To Make Goal 2 Happen

1. Host a podcast on health improvement.
2. Offer online video courses on health topics.
3. Conduct coaching sessions for parents and their children to enable health improvement.
4. Conduct boot camp training sessions on improving health.

◆ Things To Think About

Include offerings to solve the following problems;

Family Problems

- Overweight/Obesity
- Type 2 Diabetes
- High blood pressure
- Joint inflammation/mobility
- Sleep and stress issues
- Nutrition issues

Solution or Offer

- Health improvement book
- Healthy eating & fitness course
- Preventing T2 Diabetes course
- Improve sleep & stress course
- Health Improvement Boot Camp
- e:Consult coaching sessions

