



# Dr. Sharita M.D.

THE LIFESTYLE TRANSFORMATION COACH, M.D.

## About me

Dr. Sharita E. Warfield, aka “Dr. Sharita,” is a board-certified Emergency and Lifestyle Medicine physician, speaker, and wellness expert. As the Founder of DrSharitaMD.com, she educates and inspires audiences nationwide on managing diabetes, obesity, and overall health. A best-selling author and sought-after media expert, she empowers busy professionals with practical strategies to improve their well-being and quality of life.

## Topics

### Colleges & Universities:

1. Top 10 Health and Wellness Tips for College Students
2. “The Freshman 15” How to Avoid College Weight Gain
3. Hidden Sugar Dangers and How It Affects Your Health
4. So, You Think You Are Eating Healthy? Foods That Sabotage Your Weight Goals

### Churches & Faith-Based Organizations:

1. Daniel’s Fast: A guide to healthy eating
2. Check My Sugar: Living My Best Life with Diabetes
3. Our Daily Bread: A Discussion on Common Chronic Diseases that Affect You and Your Loved Ones and Why?
4. Your Body is a Temple: You Are What You Cook!

### Corporate:

1. The Breakroom Sabotage Ways to Avoid Mindless Eating/Snacking
2. Understanding Type 2 Diabetes and How to Lower Your A1c to Prevent Chronic Complications
3. Obesity Prevention: Ways to Improve Your Health Through Healthy Eating
4. The Productive Employee: How to Manage Stress and Avoid Burnout

### Conferences:

1. Is Our Food Making Us Sick?
2. I Have Type 2 Diabetes, Now What?
3. Obesity Prevention: Putting an End to the Epidemic
4. Type 2 Diabetes “The Silent Killer”

## Why Choose Me?

As a physician, entrepreneur, and wellness coach, I created and live by the T.H.R.I.V.E.™ modality—Transformative Mindset, Health-Focused Living, Resilient Action, Intentional Effort, Victorious Outcomes, and Empowerment for Life. I blend personal experience with professional expertise to help high-achieving audiences reclaim their energy, balance, and purpose. My keynotes are empowering, relatable, and packed with practical tools that leave lasting impact.

## Services

- Television interviews
- Radio interviews
- Blog, News Media and Online interviews
- Newspaper/magazine interviews
- Writing assignments for publications

## Fees

Speaking fees, travel, and accommodations will be discussed during the pre-event discovery call. Please inquire for more details.

### Travel Arrangements Should Cover:

- Airfare (for two) or SUV Car Rental
- Ground Transportation
- Hotel Accommodations
- Meals, and gratuities



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