

Show Notes: - Fantasy Me Team: Phreddie Minnifield

Today we will be discussing physical and spiritual health

Phreddie has been my personal trainer and utilized the opportunity to impart some spiritual wisdom as well.

Phreddie is a Pastor, a fitness coach and a fifth degree black belt he's been teaching, training and inspiring people for over three decades .

He is a multifaceted individual known for his passion to help people

He has served in ministry since 1999.

In 2014 Phreddie and his wife Terrilyn founded Word Life Church.

Their desire is to empower people with the Word of God.

Phreddie and Terrilyn have been married for twenty-seven years, they have 6 children and 6 grandchildren who they love dearly.

Last but not least, Phreddie is the OC of the Fantasy Me Team.

Nugget that Phreddie had for us:

“Don’t operate at the level of wisdom that you currently have”

We so enjoyed having you teach us today. If you would like to connect with Phreddie paying him a visit at his church or through his training services, his connection information will be in the show notes.

Thank you for coming to class today. If you could rate, review and subscribe to the podcast and our newsletter I would be ever so grateful. All of my connection links are in the info section. I will respond and appreciate all engagement. Class dismissed.

Connect with Phreddie:

Website: <https://wordlife.church/>

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