



Montel Williams earned his media celebrity status as an inspirational Emmy Award winning television personality whom Americans invited into their homes for more than 17 years. He is a decorated former naval officer, inspirational speaker, author, entrepreneur and advocate for patients worldwide.

Shortly after being diagnosed with Multiple Sclerosis (MS) in 1999, Williams established the Montel Williams MS Foundation to further the scientific study of MS, provide financial assistance to select organizations and institutions conducting research, raise national awareness, and educate the public. The MWMSF has granted over \$1.5 million dollars to research and has supported a study done at the Karolinska Institute in Sweden, which discovered an MS gene.

Over the years, Montel has been involved with many initiatives that are focused on improving the lives of people living with various brain impairments and injuries. He has personally participated in studies and trials surrounding non-invasive brain stimulation therapy with phenomenal results. He continues to work with researchers and the U.S. Army to further develop their findings with the hopes of helping soldiers who have experienced blast-related traumatic brain injuries.

In 2013, Montel's passion for helping others led him to a partnership with Union Springs Media and the creation of the Living Well with Montel online community. As always, Montel's hope is to use this community to educate and inspire people around the world to live happy, healthy lives. The site will offer scientifically proven wellness products, education on today's healthcare breakthroughs, healthy lifestyle tips, advice from healthcare experts, and VIP access to Montel himself through videos and online events.

Williams began his professional career in the US Marine Corps and was the first black Marine selected to the Naval Academy Prep School to then go on to graduate from the United States Naval Academy. Williams earned a degree in general engineering and minoring in international security affairs. While serving in the military Williams' was the recipient of two Meritorious Service Medals, two Navy Commendation Medals, and two Navy Achievement Medals and various other military related awards and citations.

Because of his military service and regard for those who serve, Montel has a special place in his heart for our servicemen and women. Montel serves on the board for Fisher House, an organization that provides free or low cost lodging to veterans and military families receiving treatment at military

medical centers. 5% of all proceeds purchased on the Living Well site will be donated to the Fisher House, or a charity of choice.

In his spare time, Montel is a prolific author of practical and uplifting books, five of which became bestsellers. His books include: *Living Well Emotionally: Breakthrough to a life of Happiness*; *Living Well: 21 days to Transform Your Life, Supercharge Your Health, and Feel Spectacular*; *Climbing Higher*; *Body Change*; *Life Lessons and Reflections*; *A Dozen Ways to Sunday: Stories of Hope and Courage*; *Mountain Get Out of My Way: Life Lessons and Learned Truths*; *Practical Parenting*.