

Chere M. Goode is the Founder/CEO of Total Harmony Enterprises. Goode is a mother, caregiver, as well as, the Creator of the Annual RECHARGE Health, Wellness, and Fitness Expo. Goode has been a Licensed Practical Nurse for the past 27 years and is currently enrolled in school to become an RN . She is a #1 Amazon Best Selling International Author, Speaker and Wellness Coach, as well as, an American Heart & Stroke Association Ambassador/Spokesperson. Known as the RECHARGE Strategist, Goode teaches professional women strategies for self-care to recharge their Mental, Physical, and Emotional batteries for success in life and business. Goode's teachings also emphasize the importance of self care to enrich ones life. Goode has been featured on ABC, Dr. Oz, Wendy Williams, Baltimore's TV 25, Good Day Baltimore on Fox 45, Society Moms TV, Radio One, WOLB Radio, Impact The World Radio, I Heart Radio, The Baltimore Times, and a host of Magazines. She has received numerous awards and Government citations for tenacity in business. Most recently she was awarded one of Baltimores 2016 Woman of Passion, Poise, & Purpose by the Baltimore Times. Goode's expertise in the areas of RECHARGE strategies, stress management, self care, and heart disease prevention has touched the lives of many all over the world.