

Maria (aka Ria Mali) Mixon
KUOMagazine Ribbons of Survivors Journalist
KUOMagazine Chief PR & Marketing Director
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Meet Our Journalist: Maria Mixon (Ria Mali). She is a Makeup Artist, Talent Agency, Model Coach & Fitness/Wellness Professional and Notary. She owns Wellness Matters & So Do You, LLC. in Orlando, FL and she coordinates Wellness Events and has a passion for Seniors. She used to be a CNA for seniors and for those with developmental disabilities in New York and Maryland. She was a house manager at a Senior living home for 4 years.

The sister company to Wellness Matters & so do you LLC is “Seniors Matters” where she conducts exercise classes for seniors at facilities, gyms, Recs, schools, homes, and medical centers. She has been doing her professions since

1991 to present. She is the author of “Becoming Well” a fitness journal book and she have her own skincare, makeup, and tea brand. She also owns several E-Commerce websites.

Ria is married to our Faith Sessions Journalist, Elder Frank H. Mixon II. They both work in Ministry at The Shabach Church in Apopka, Florida. Ria is the Food Pantry and Community/Charity Relations Manager at The Shabach Church. They have been married since April 11, 1989. Ria says her businesses and ministry never feels like work because she is honored to be able to make a difference.

Ria came on board in January 2020 as KUOMagazine's Chef PR & Marketing Director & Beauty 411/Fitness Journalist. Beauty 411 is a Beauty Wellness column. Giving your skin the nutrients, it needs inside & out is important so that we can have balanced and healthy skin. I will be sharing makeup tips, skincare recipes, products, and beauty/skin wellness information. Ria is also our 2019 Ribbons of Survivors "Ovarian/Cervix Cancer" Ambassador.

You can find Ria on Facebook at

Facebook: <https://www.facebook.com/wellnessmattersnationwide>

Instagram: <https://www.instagram.com/riamali>

Pinterest: <https://www.pinterest.com/boricuaria>

YouTube: <https://www.youtube.com/user/mixonmalabe>

Websites:

<https://riamali.com>

<https://beautyandwellnessmatters.com>

<https://Riamalifitness.com>

<https://KUOMagazine.com>

Maria is a Native New Yorker from Bushwick, Brooklyn. Her descent is Puerto Rican. Maria is known as Ria and is Married with 4 children.

She has been in the Talent/Fashion/Entertainment & Makeup Artist Business since 1990 to present. Her website is riamali.com. She's known as The Model Coach. Ria has her own skin care/cosmetic line.

Ria started out in the business as a dancer. She danced at Hartford Ct Concerts and was chosen from thousands to tour 6 concerts in the Ct, Maryland and New York area. She has worked with several R & B Artist. Ria started to choreograph for numerous groups and artists during that time and for The International Modeling and Talent Association.

In 1992 Ria studied Fitness & Nutrition and became a group instructor and personal trainer. She currently still holds those credentials along with Wellness, Nutrition coach and has studied holistic medicine. She renews her credentials every 1-2 years. She has great knowledge of supplements and herbs as well. Ria also has her own herbal tea products.

There was a time in Ria's life that her health became a challenge. Undergoing numerous surgeries and treatments and surviving very difficult times, she refused to give up. Ria takes Wellness, fitness & nutrition very seriously and has learned how nutrition along with exercise can reverse the very most difficult health conditions.

Allow Ria to guide you into Wellness. Her wellness seminar events that she hosts and speaks at is called "Wellness Matters" and she has a passion to educate all into or back into Wellness!

You can schedule your wellness consultation with Ria by contacting her on <https://Riamali.com>