Denette Casey - “Sister Sasha”

Denette Casey is saved and sold out to Jesus Christ! She is reminded by her grandmother’s memories that keeps her focus on pressing toward the mark. "Only what you do for Christ will last. All other things will pass away". She is a former small business owner that has over30 years in the Health and Wellness Management. She is the former owner of Sasha's International Health and Fitness Club, San Diego, California (At that time the first African American Fitness Club of it's kind). Former owner of Sasha's Day Spa & Wellness Center, McDonough, Georgia. She is also known for her health series "Your Health Is Your Wealth". This is an ongoing collaboration of businesses, churches and the community at large in her travels.

Denette Casey, a writer as well *(currently writing 14 books on health and wellness)* is known to her Christian family as "Sister Sasha". She is an advocate for reducing stress. Sis Sasha is an educator for God’s word so that we can take back dominion of our health and the land by living according to His principles and not mans. A certified massage therapist, Sister Sasha teaches on being in tuned and in touch with our body in relationship with Jesus Christ. The word is clear what we are to do. We can stop perishing and start living God's Way.

Denette Casey has been recognized in the Outstanding Young Women of America, The Business League of Baltimore, San Diego Minority Chamber of Commerce (San Diego, California), The African American Women of Visions (San Diego, California) and The Atlanta Georgia Chapter), among many other organizations.

Sister Sasha is now in full-time ministry and lovin' it! As the founder of **PrayN' Time Ministries International** (The Church Without Walls. Soon to launch an international radio broadcast) Sister Sasha is also known to many as "Denetworker". Derived and given to her by her friends, she has a love for empowering and networking people and encouraging them to bring out their God given talents. She is sometimes referred to as the "Harriet Tubman" of our time. She has a real passion for people. She often states "People don't care how much you know...they want to know how much you care!"

She always helps many to make a way out of no way. Sister Sasha is a former military family, (worldwide travel) she is also a blessed mother of 2 children, Shakir and Asha (where her name Sasha comes from), and the proud grandmother of 10 year old Angell and grandson Joshua Emmanuel, and newest blessing Damon.

Sister Sasha is a member of Higher Living Christian Church, Hampton, Georgia, under the anointing of Senior Pasto Andre Landers.

Journey with Sis. Sasha today as you give your body; your temple, back to God.