AGENDA

April 29-30, 2021





Agenda*: 4/29/2021 • All times EST

8:00am	Exhibit hall opens
10:00am	Welcome: Dr. Sheila Robinson Fireside conversation with Dr. Julie Silver
10:30am	Morning Keynote—Kara Goldin in conversation with Alexandra Carter "Undaunted: Overcoming Doubts & Doubter"
10:50am	Integrated Health Panel "Thriving vs. Surviving: The Impact of the Current Climate on Your Mental, Emotional and Physical Health" Jasmine Banks, Blogger and Mental Health Professional; Alethia Jackson, Vice President, Federal Government Relations at Walgreens Healthcare & Retail Leader; Dr. Hemalee Patel, Internal Medicine Physician, One Medical; Physician, Internal Medicine, Stanford Hospital & Clinics Moderated by Dr. Janet Taylor, Community Psychiatrist, Centerstone
11:30am	Meditation Moment with Ceasar Fernando Barajas
11:35am	Health Panel—"Self-Care and Well-Being for BIPOC Fatigue and Trauma" Mary-Frances Winters, Founder and CEO of The Winters Group, Inc. Additional Speaker TBA Moderated by Erin Tselenchuk, Co-Founder and Co-CEO, RISEQUITY
12:05pm	Live Cooking Demo and Nutritionist Q&A Desiree Neal, Executive Chef, Virgina Beach Convention Center in conversation with Afaf Qasem, Nutritionist Expert
	BREAKOUT WORKSHOPS
1:00- 2:00pm	 SESSION 1 > Movement Restorative Yoga with Jacalyn Prete Move into Meditation and Breathing with Ceasar Fernando Barajas Cardio Pilates with Reena Vokoun
2:00- 2:45pm	 SESSION 2 > Wellness & Mental Health The Power of Sleep with Dr. Michael Breus, The Sleep Doctor Resilience with Susan Stith and Dr. Stuart Lustig Intuitive Eating with Cordialis Msora, MA, RDN and Kimberly Wolf Hagenbuch MS, RD, LDN, CDCES
2:45- 3:30pm	Afternoon Keynote Living Beyond: Your 'What If': Release Your Limits and Live Your Dreams Dr. Shirley Davis, CSP in conversation with Dr. Sheila Robinson
3:30pm	Live Raffle and Giveaways
3:40pm	Closing with Dr. Sheila





Agenda*: 4/30/2021

8:00am	Exhibit hall opens
8:00am	Wellness Session: Opening Live Yoga with Melissa Wojcik
9:00 am	Keynote: Dr. Michelle Robin, Small Shifts for Big Impact
9:50am	Wellness Session: Tea Session and optional journaling with Melissa Wojcik
10:00am	Guisselle Nuñez, Develop Your Personal Brand Confidence
11:00am	Jackie Welch, Key Strategies to Rebuild, Repair and Refill Your Relationship
10:00am— 4:00pm	Coaching sessions

Group Coaching

Exhibit Hall (first come basis)

10:00-11:00am Jessica La Marre

Moving To First Place

11am-12:00pmJessica LaMarre

Finding My Voice

12am-1:00pm Guisselle Nuñez

Develop Your Personal Brand Confidence

12:30-1:30pm Jessica LaMarre

Undoing the Layers"

1:00-1:45pm Natalie Garay

Post-baby Rehabilitation & Wellness"

1:00-2:00pm Leisel Whitlock

Centering Happiness When Designing a Life

1:30-2:00pm Reena Vokoun

Gallup Strengths-Based Coaching"

1:45-2:30pm Natalie Garay

Post-baby Rehabilitation & Wellness

2:00-3:00pm Leisel Whitlock

Centering Happiness When Designing a Life

2:30-3:15pm Natalie Garay

Post-baby Rehabilitation & Wellness

3:00-4:00pm Leisel Whitlock

Centering Happiness When Designing a Life

3:00-4:00pm Jackie Welch

Key Strategies to Rebuild, Repair and Refill

Your Relationship

1:1 Coaching

10:00a. – 4:00pm Pre-registration is required

SIGN UP HERE

Christie Smirl

Ayurvedic Consultations

Joie Seldon

Emotions and Essential Self-Care

Jessica LaMarre

Moving To First Place / Finding My Voice / Undoing the Layers

Bindu Garapaty

Strategies to optimize your inner 'Happy Leader'

Monica Phillips

Higher Self Coaching Sessions

Stelli Munnis

An Inner Practice to Live Wise and Well Coaching





OUR SPEAKERS



Jasmine Banks Blogger and Mental Health Professional



Ceasar Fernando Barajas International Wellness Mentor & Advocate



Michael J. Breus, Ph.D. Clinical Psychologist



Alexandra Carter Columbia Law Professor & Author, "Ask for More"



Dr. Shirley Davis President and CEO, SDS Global Enterprises, Inc.



Kara Goldin President and CEO, Hint, Inc.



Alethia Jackson Vice President, Federal MS, RD, LND, Government Relations; **CDCES** Head of Advocacy; Walgreens



Registered Dietitian and Certified Diabetes Educator



Dr. Stuart Lustig Lead Medical Director for Child and Adolescent Care, Cigna's Behavioral Health Business



Cordialis Msora-Kasago **Regional Nutrition** Manager, Sodexo Healthcare



Desiree Neal Executive Chef, Virginia Beach Convention Center, Sodexo



Dr. Hemalee Patel Internal Medicine Physician, One Medical; Physician, Internal Medicine, Stanford Hospital & Clinics



OUR SPEAKERS



Jacalyn Prete Certfied Anusara® Yoga Teacher Trainer



Afaf Qasem Director of Quality of Life Services, Food and Nutrition; Environmental Services, Tallahassee Memorial HealthCare



Dr. Michelle Robin Founder, Your Wellness Connection



Dr. Sheila Robinson Founder, Publisher & CEO, Diversity Woman Media



Julie K. Silver, MD Associate Professor and VP, Diversity, Equity, Associate Chair, Harvard Medical School



Susan Stith Inclusion, Civic Affairs, and Corporate Responsibility, Cigna



Janet Taylor MD, **MPH** Community Psychiatrist



Erin Tselenchuk Co-Founder & Co-CEO. RISEQUITY, Inc.



Reena Vokoun Founder and CEO. Passion Fit



Mary Frances Winters Founder and CEO, The Winters Group, Author



Melissa Wojcik Certified Yoga Teacher, Member of the Yoga Alliance



OUR COACHES



Bindu Garapaty Psy.D., Natalie Garay Co-founder & CEO, The Happy Leader, LLC



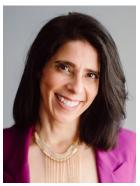
M.A. Pilates Educator and Founder & CEO of {ther • happy}



Jessica LaMarr Self-Discovery Coach, Love Personal Growth



Stelli Munnis, Ph.D. Founder & Executive Director, Red Sulphur



Guisselle Nuñez Speaker & Author, Take Charge of Your Brand



Monica Phillips Coach, President & Founder, Spark Plug Labs



Joie Seldon Creator & Facilitator, **Emtions at Work**



Christie Smirl Ayurveda Practitioner, **Healthier Vibrations**



Reena Vokoun Founder and CEO, Passion Fit



Jackie Welch, **CPCC-CPM** President, Tiro Life Coaching, LLC



Leisel Whitlock Artist and Lifestyle Coach



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