

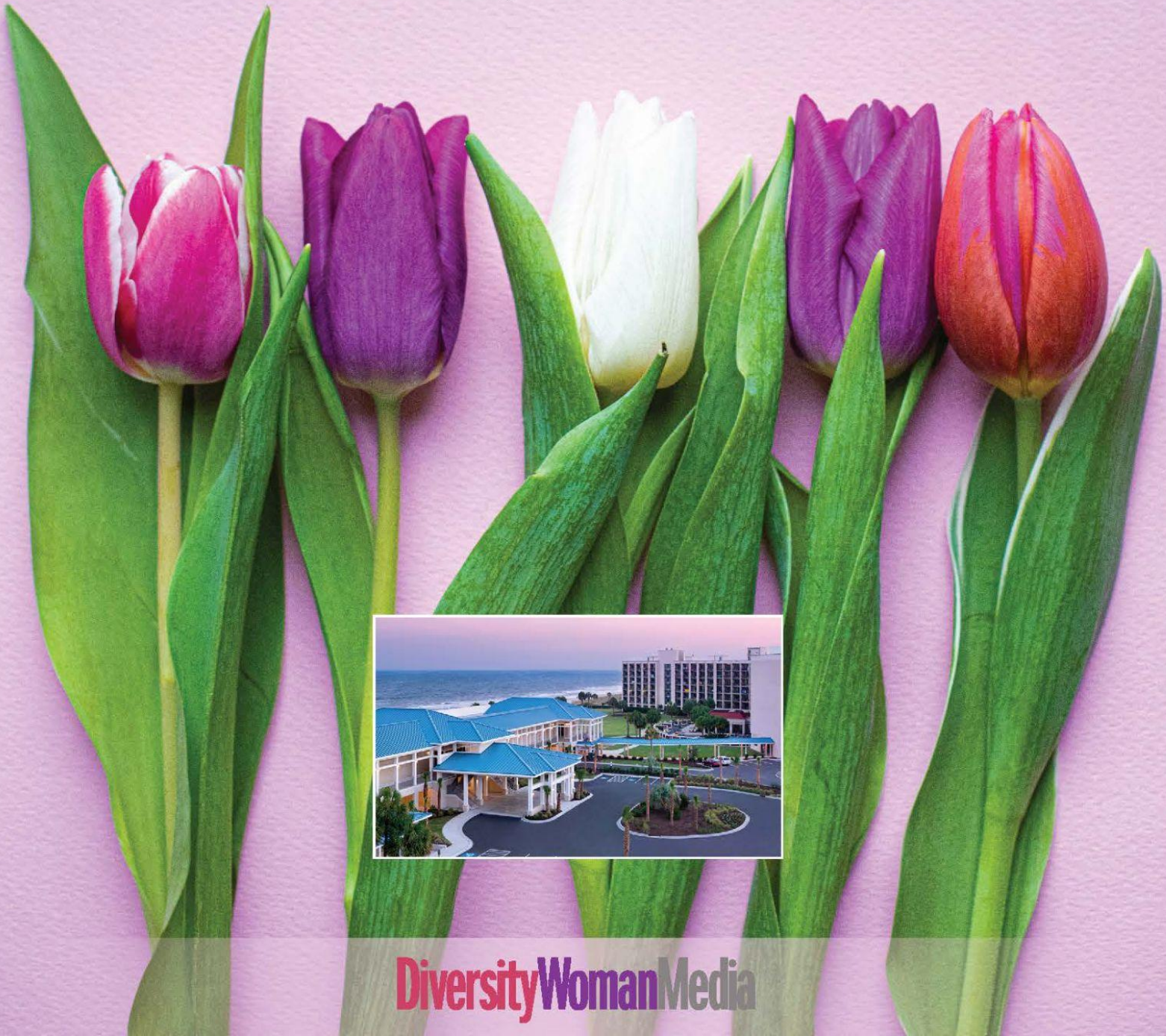
IN-PERSON & VIRTUAL CONFERENCE

Women's Self-Care, Health & Wellness

A G E N D A

April 29-May 1, 2022

DoubleTree Resort by Hilton Myrtle Beach Oceanfront



DiversityWomanMedia



Women's Self-Care, Health & Wellness

Agenda

Thursday, April 28, 2022

5:00-7:00pm	Self-Care Conference Evening Wine Reception
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Friday, April 29, 2022

7:00-8:00am	<p>Exhibit Hall Open</p> <p>Rise & Move <i>(optional movement sessions)</i></p> <ul style="list-style-type: none">• Morning Yoga on the Lawn, with Janeen Anderson Yoga Instructor, LUVJOY Studios Yoga• Two Mile Morning Beach Walk Self-Guided• Virtual Yoga & Tea Meditation Melissa Wojcik Yoga Instructor, For The Love of Yoga
8:45am	Gather Continental Breakfast
9:00am	<p>Welcome</p> <p>SPEAKERS:</p> <p>Dr. Sheila Robinson Owner & Publisher, Diversity Woman Media and Author, <i>Redefining Your Life D.I.E.T.</i></p> <p>Kelvin Waites CDO, City of Myrtle Beach Cisco</p>
9:15am	<p>Morning Keynote Focus on Wellness or Forced to Focus on Illness</p> <p>SPEAKER: Dr. Gilles LaMarche Chiropractor, Educator, Author and Certified Personal Development & Executive Coach</p> <p>There are opportunities in your life to make intentional decisions about which journey you will take, and one is focused on your wellness. During this powerful keynote session, you will learn the seven keys to living life — your life — with purpose. You will be challenged to embrace and change your perspective in order to integrate the ability to think, play and learn in your life. Join Dr. MaLarche for this interactive program with live Q&A.</p>



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<p>9:45am</p>	<p>Self-Care & Wellness Panel "WHY I Did It and HOW I Did It" SPEAKERS: Jackie Glenn CEO & Founder, Glenn Diversity Inclusion & HR Solutions Rasheda Hatchett, MN, RN CEO, Rasheda Hatchett Media, LLC Zain Pirari Co-Founder & Co-CEO, No, Thank You Moderated by: Dr. Michelle Robin Founder of Your Wellness Connection, Small Changes Big Shifts®, and Big Shifts Foundation®, Chiropractor, Author</p> <p>This diverse panel shares their deeply personal experiences on the "why" and "how" of their own personal wellness journeys. During this honest and transparent conversation, they will discuss the importance (and key tips) of finding your own path by addressing self-care from the inside out, from mental health to burnout to body care to financial stress to physical wellness.</p>
<p>10:45am</p>	<p>Main Stage Meditation SPEAKER: Aditi Shah Instructor, Peloton</p>
<p>11:00am</p>	<p>10 Minute Break Pause Transition</p>
<p>11:15am <i>(select one)</i></p>	<p>Workshop 1: Healthy You at Every Age SPEAKER: Dr. Nancy D. O'Reilly International Philanthropist, Celebrated Author, and Motivational Speaker</p> <p>How do you feel about getting older? That question that launched a movement and remains as relevant today as it was a generation ago when Dr. Nancy D. O'Reilly first asked it to over 1,500 study participants for her 2008 book, Timeless Women Speak. As she prepares to survey today's women about many of the same issues to see how we have changed (or not), she has plenty of strategies to share that can help women master the emotional, psychological, and physical impacts of aging. Recognizing that nearly half of all women are fearful and unprepared to meet the challenges of growing older, Dr. Nancy will guide participants beyond Instagram highlight reels that are photoshopped for perfection to move through every phase of their lives with confidence and will share tips to help them stay healthy, vibrant, and productive at every age!</p> <p>Workshop 2: Empowerment: Own the Relationship with Yourself SPEAKER: Donna ("Coach DonnaKaye") Nealy MS CFT CNC ESI CLC Executive Director/Founder, Holistic Health and Wellness Consultant, ESTEEM Total Transformation</p> <p>Having a support system and relishing in the relationships that surround your decision to change and become a better version of yourself. Relationships do not always pertain to people but to the journey. Your relationship with yourself, relationship with food, relationship with exercise etc. Let's not leave this life prematurely because we decided to stay in a toxic relationship.</p>



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12:30pm	<p>Gather Lunch with Opening Remarks SPEAKER: Edna Kane EVP and Chief Diversity Officer, AARP</p>
12:45pm	<p>World Wellness Women's Day A virtual celebration and global panel general session during lunch, <i>Sponsored by WorldPulse</i></p>
1:30pm	<p>World Wellness Women's Luncheon Closing Special Message for Women Around the World <i>Sponsored by City of Hope</i></p>
1:45pm	<p>15 Minute Break Pause Transition</p>
2:00pm <i>(select one)</i>	<p>Workshop 1: Eating with a Purpose: Aligning Your Food Choices to Support Self-Care, Health, and Wellness SPEAKER: Cristina Caro, MBA, RDN, LDN, CAT Sodexo Regional Dietitian & Wellness Manager</p> <p>Everything you eat either adds to your vitality and resilience or detracts from it. Learn to define your eating intentions and eat with that purpose. When your food is connected to your purpose, it can support and fuel your personal eating principles and dynamic lifestyle. Three intentions will be highlighted as well as recommended actions to make the shift.</p> <p>Workshop 2: Boost Your Brain's Hardware and Software for Ultimate Focus to Get Things Done SPEAKER: Daneen West Certified Coach, Brain Health</p> <p>Sometimes it's hard for your brain to focus and get things done. This session is to help you discover how to heal, protect, and grow your brain for more focus, better sleep, and less anxiety. Brain Health Coach, Daneen West started her career in the high-stress always-on technology industry. It wasn't until she had a growing family that she realized she was perpetually on the verge of burnout that had mental wellness implications for her family. After a lot of searching and trial and error, Daneen found that brain health is often the root cause and best treatment for relief. Daneen is an advocate for brain health and teaches how to make brain health part of your day for mental wellness and physical health. Participants will discover what up-levels their brain quickly and leave the session with a plan based on the Brain-Boosting checklist and the latest research from sources such as the Amen Clinics and NeuroLeadership Institute.</p>
3:15pm	<p>Vision Board Experience Create and Manifest Your Future</p>
4:30pm	<p>Exhibit Hall Open</p>
5:30pm	<p>Close</p>



Women's Self-Care, Health & Wellness

Saturday, April 30, 2022

All Day	<p>World Women's Wellness Day Self-Care Independent Challenge</p> <p>Self-care is a requirement, not a reward. This day is to focus and practice independent self-care, health and wellness that is unique to your own needs and desires. Whether you spend the day at the beach, carve out time for the spa, treat yourself to shopping; move and exercise in ways that make you feel good about yourself, be still and read, or listen to music that makes your soul soar, do what is best for <i>you</i>.</p>
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Sunday, May 1, 2022

9:00-11:00am	<p>Gather Continental Breakfast & Self-Care Farewell*</p> <p>Close the annual retreat and learn through a wellness guide the practice of 90 days to embrace and love yourself.</p> <p>SPEAKER: Rasheda Hatchett, MN, RN CEO, Rasheda Hatchett Media, LLC</p> <p><i>*Available for in-person attendees only; the 90-day wellness guide will be available to all registered attendees on the conference page.</i></p>
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