

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 *All times EST*

Thursday, April 28, 2022

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| 6:00-8:00pm | Self-Care Conference Evening Wine Reception |
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Friday, April 29, 2022

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| 6:30-7:30am <i>Sunrise is at 6:29</i> | Sunrise Two Mile Beach Walk guided by Dr. Sheila Robinson Founder & CEO, Diversity Woman Media and Author, <i>Redefining Your Life D.I.E.T.</i> Meet at the Springmaid Pier. |
| 7:00-8:00am | Rise & Move (optional movement sessions) <ul style="list-style-type: none">• Morning Yoga on the Lawn Janeen Anderson, Yoga Instructor, LUVJOY Studios Yoga• Virtual Yoga & Tea Meditation Melissa Wojcik, Yoga Instructor, For The Love of Yoga |
| 8:00-9:00am | Gather Continental Breakfast |
| 9:00am | Welcome SPEAKERS: Dr. Sheila Robinson Founder & CEO, Diversity Woman Media and Author, <i>Redefining Your Life D.I.E.T.</i> Kelvin Waites CDO, City of Myrtle Beach Trey Boynton Senior Director, Inclusion & Collaboration Strategy & Solutions, Cisco Solutions |
| 9:15am | Morning Keynote Focus on Wellness or Forced to Focus on Illness SPEAKER: Dr. Gilles LaMarche Chiropractor, Educator, Author and Certified Personal Development & Executive Coach, Life University 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. LaMarche for this interactive program with live Q&A. |
| 9:45am | 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 Pirani Co-Founder & Co-CEO, No, Thank You MODERATOR: Dr. Michelle Robin Founder of Your Wellness Connection, Small Changes Big Shifts® , and Big Shifts Foundation® , Chiropractor, Author 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. |



Women's Self-Care, Health & Wellness

Friday, April 29, 2022 *(continued)*

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| 10:45am | Main Stage Meditation SPEAKER: Aditi Shah Instructor, Peloton |
| 11:00am | 15 Minute Break Pause Transition |
| Breakout Workshops <i>(Choose 1)</i> | |
| 11:15am | WORKSHOP SESSION 1 Healthy You at Every Age SPEAKER: Dr. Nancy D. O'Reilly International Philanthropist, Celebrated Author, and Motivational Speaker, Women Connect4Good 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, <i>Timeless Women Speak</i> . 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! WORKSHOP SESSION 2 Empowerment: Own the Relationship with Yourself SPEAKER: Donna ("Coach DonnaKaye") Nealy MS CFT CNC ESI CLC Executive Director/ Founder, Lifestyle Transformation Specialist, ESTEEM, A Total Transformation 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. |
| 12:30 pm | Gather Lunch with Opening Remarks SPEAKER: Edna Kane EVP and Chief Diversity Officer, AARP |
| 12:45 pm | World Women's Wellness Day A virtual celebration and global panel during lunch Laa'iqah SeedSower World Pulse Member, South Africa Arpita Gaidhane World Pulse Member, India Moderator: Jensine Larsen Founder & CEO, World Pulse <i>Sponsored by WorldPulse</i> |



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Friday, April 29, 2022 *(continued)*

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| 1:30 pm | World Women's Wellness Luncheon Closing A Special Message for Women Around the World about Breast Cancer from Dr. Veronica Jones Assistant Clinical Professor, Department of Surgery, City of Hope <i>Sponsored by City of Hope</i> |
| 1:45 pm | 15 Minute Break Pause Transition |
| Breakout Workshops <i>(Choose 1)</i> | |
| 2:00 pm | WORKSHOP SESSION 3 Eating with a Purpose: Aligning Your Food Choices to Support Self-Care, Health, and Wellness SPEAKER: Cristina Caro, MBA, RDN, LDN, CAT Regional Dietitian & Wellness Manager, Sodexo 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. WORKSHOP SESSION 4 Boost Your Brain's Hardware and Software for Ultimate Focus to Get Things Done SPEAKER: Daneen West Certified Coach, Brain Health 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. |
| 3:00 pm | 15 Minute Break Pause Transition |
| 3:15 pm | Vision Board Experience Create and Manifest Your Future <i>Sponsored by Cigna</i> |
| 4:15-5:15 pm | Vision Board Wine Reception |
| 5:30 pm | Close |



Women's Self-Care, Health & Wellness

Saturday, April 30, 2022

All Day

World Women's Wellness Day | Self-Care Independent Challenge

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 you.

Sunday, May 1, 2022

9:00-11:00 am

Gather | Continental Breakfast & Self-Care Farewell*

Close the annual retreat and learn through a wellness guide the practice of 90 days to embrace and love yourself.

SPEAKER: Rasheda Hatchett, MN, RN | CEO, **Rasheda Hatchett Media, LLC**

*Available for in-person attendees only; the 90-day wellness guide will be sent to all registered attendees post-conference

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Thank You, Sponsors!

GOLD



SILVER



BRONZE

