

Women's
Self-Care,
Health &
Wellness

April 29–May 3, 2023

Hosted on
**Celebrity
Solstice
Cruise**

IN PERSON CONFERENCE!



Sunday - Apr 30, 2023

9:00 a.m. - 9:06 a.m.	Welcome Celebrity Cruises
9:06 a.m. - 9:15 a.m.	<p>Opening Remarks & Introduction of Keynote Speaker</p> <p>Speaker: Dr. Sheila Robinson Founder & Publisher, Diversity Woman Media Speaker: Michelle Witherspoon Head of Global DEI Talent Management, Compliance and Integration, Amazon Corporate</p>
9:15 a.m. - 10:30 a.m.	<p>Keynote “Self-Care is Your True Wealth”</p> <p>Know your numbers and what they mean. Learn how you can take immediate control of your health by making small lifestyle changes that can yield big results.</p> <p>Speaker: Dr. Ian Smith Author, Speaker and Medical Contributor</p>
10:30 a.m. - 11:00 a.m.	<p>Fireside Chat “Women Prioritizing Our Health”</p> <p>Making your own health care a priority is one of the best things you can do for yourself. Join a moderated session with Dr. Lestina Price and Candi Castleberry and hear important steps every woman should take to prioritize your health.</p> <p>Speaker: Candi Castleberry Vice President, Global Diversity, Equity, and Inclusion, Amazon</p> <p>Speaker: Lestina C. Price, MD, MPH, FACOG Chief of Obstetrics & Gynecology, Kaiser’s Los Angeles Medical Center</p>
11:00 a.m. - 11:30 a.m.	<p>Fireside Chat “Feeling Good at Any Age”</p> <p>Women are aging better than ever. Join Dr. Sheila Robinson and Dr. Nancy O’Reilly as they discuss the value of aging, fulfillment of experience, and reinventing ourselves at any age.</p> <p>Speaker: Nancy D. O’Reilly, PsyD International Philanthropist</p> <p>Speaker: Dr. Sheila Robinson Founder & Publisher, Diversity Woman Media</p>
11:30 a.m. - 12:30 p.m.	Lunch
12:30 p.m. - 1:15 p.m.	<p>Enrichment Talk “Light as Medicine”</p> <p>Did you know that light has the power to improve immunity, reduce</p>

	<p>inflammation, improve sleep and reverse the signs of aging? Come to this enlightening session and learn how you can better utilize light to optimize your health.</p> <p>Speaker: Stephanie Kimber, LAc, Dipl. OM (NCCAOM) Director, Eastern Medicine at OneSpaWorld</p>
<p>1:15 p.m. - 2:00 p.m.</p>	<p>Experiential Wellness “Ultra Smart Skin”</p> <p>Experience firsthand, the benefits of the ELEMIS Ultra Smart Skincare range with a complementary cleanse, tone, collagen eye, face and neck treatment under the expert instruction of one of our leading skin therapists.</p> <p>Speaker: Hanri Bothma Spa Director, OneSpaWorld</p>
<p>2:00 p.m. - 2:30 p.m.</p>	<p>Enrichment talk “Trust Your Gut”</p> <p>We discuss your Microbiome and its link between low energy levels, poor digestion, slow metabolism, and impaired sleep. Join our Fitness Director as he explains how gut inflammation relates to all of the above and breaks down the solution on how to be in perfect health in the next 3 to 6 months.</p> <p>Speaker: Ricardo Moreira Fitness Director, OneSpaWorld</p>