

AGENDA


EmpowHER™
EmpowHER Turns 10:



**CULTIVATING WELLNESS
FOR HIGH-PERFORMING WOMEN CONFERENCE**

ATTIRE: COMFORTABLE, ALLOWING FOR MOVEMENT, FLATS OR SNEAKERS

8:30 AM	Registration, Breakfast and Networking	
9:00 AM	<p>Balance & HERspective: Reclaiming Strength Through Yoga & Pilates</p> <p>Join us for Balance & HERspective, a restorative workshop designed to help women reconnect with their bodies, minds, and inner power through the mindful practices of yoga and Pilates. This session blends movement, breath work, and core stability exercises to promote balance, flexibility, and mental clarity.</p> <p>Whether you are a beginner or returning to the mat, you will explore how these practices support physical strength, reduce stress, and create space for reflection and self-awareness. Come realign your body, restore your energy, and shift your perspective—because true strength begins within.</p> <p>Instructor: Gail Forrester, MS, NCPT, CES</p>	
9:15 AM	<p>Be the Shift: Finding Your Place In Grace</p> <p>Be the Shift: Finding Your Place in Grace" refers to the concepts of spiritual shifts and living in grace. Leaders are expected to emphasize moving from fear to love, self-service, and recognizing the inner divinity within each person. It's about a fundamental change in perspective and consciousness, allowing one to shift from ego-driven desires to a state of inner knowing and grace, where the universe supports a life lived on purpose. This shift also involves surrendering control and embracing a flow of grace that guides one's path, leading to deeper compassion, gratitude, and a fulfilling life.</p> <p>Wellness Inspirer: Shelly Albright</p>	
9:30 AM	Breast Heath: Take Care of the Twins	

	<p>Your breasts deserve more than a once-a-year checkup. This empowering breast cancer awareness workshop focuses on early detection, regular screenings, and lifestyle habits that support long-term wellness. Attendees will learn how to perform self-exams, understand personal risk factors, and adopt healthier choices to reduce the risk of breast cancer.</p> <p>We will break down common myths, share essential facts, and foster open dialogue around prevention and care. This session also highlights the importance of continued research to improve breast cancer treatments and outcomes. Because caring for “the twins” is a vital part of caring for you.</p> <p>Presenter: Cassan N. Blake, MD Storytellers Featuring Gail Forrester and Jamie Howe</p>	
10:00 AM	<p>Thriving Under Pressure: Building Beauty, Resilience & Smart Self-Care</p> <p>In a fast-paced world, women are mastering the art of doing it all — but real beauty thrives when stress is managed with intention and care. In this inspiring session, Dr. De Anne Harris Collier explores how stress can subtly impact your skin, scalp, and confidence — and how you can restore balance with science-backed strategies, time-honored healing traditions, and everyday rituals that nourish from within. She will also share tips for making informed beauty choices, including what to know about popular trends like false eyelashes. Walk away with empowering, practical tools to protect your wellness and glow with resilience.</p> <p>Thought Leader: Dr. Eugenia Millender Presenter: De Anne Harris Collier</p>	
10:20 AM	<p>Sug-HER Up: The Skinny on the Skinny Shot & HER Kidney</p> <p>In this eye-opening session, we dive into the truth about sugar, its hidden impact on women's health, and how eliminating it from your diet can support kidney function, weight management, and overall wellness. Sug-HER Up also unpacks the popular “Skinny Shot” (lipotropic injections)—what it is how it works, and its role in boosting metabolism and fat loss.</p> <p>Learn how sugar overload contributes to chronic health issues, including kidney disease, inflammation, and hormonal imbalance—and discover sustainable ways to cut sugar while nourishing your body. This workshop blends science and self-care to help you take charge of your health, from your cravings to your kidneys.</p> <p>Presenters: Rojean Williams and Mitchela Pierre</p>	
10:40 AM	<p>The Heart of the Matter: Exploring the Link Between Oral Health and Heart Health</p> <p>Did you know your smile could speak volumes about your heart? This engaging session explores the powerful connection between oral health and cardiovascular well-being. Learn how gum disease, inflammation, and poor dental hygiene can contribute to heart disease—and discover preventive steps that protect both your mouth and your heart. Join us as we unpack the science, dispel myths, and highlight simple habits that support whole-body health—starting with your smile.</p> <p>Thought Leader: Dr. Eugenia Millender Presenter: J’Nelle Delica, DMD, MPH</p>	
	MORNING BREAKSOUT SESSIONS	

11:10 AM	Reclaiming Wellness: In today's fast-paced world, wellness must be intentional. This interactive workshop invites women to embrace whole-person health through a focus on mind-body balance, nutrition, and integrative therapies. Explore how simple lifestyle shifts can lead to meaningful, lasting well-being.			
Session Title:	Catch my Drip, IV Vitamin Therapy	Diet and Nutrition for Women	Holistic Health & the Mind-Body Connection	
Session Description	Discover how IV vitamin therapy can enhance energy, strengthen immunity, and promote overall wellness. Learn about the different types of IV drips, what to expect during a session, and how therapy can be tailored to individual goals—from immune support to increased vitality.	A nutrient-rich diet lays the foundation for women's health at every stage. This session offers guidance on hormone-supportive foods, dietary patterns for menstrual and menopausal wellness, and practical tips for meal planning and sustainable eating habits that support energy, mood, and vitality.	Explore the powerful link between emotional, physical, and mental well-being. This session will provide effective strategies for managing stress and anxiety while emphasizing the role of spiritual wellness in healing and balance.	
Speaker/Panelists	Charlotte Lenard	Rojean Williams	Karina Taylor	
Room				
11:30 AM	Speak Up for HER: Being your Best Advocate Learn how to foster resilience and become your own best advocate in healthcare. This workshop explores the history of the patient advocacy movement, the importance of patient voice, and offers practical tips for communicating effectively with healthcare providers. Thought Leader: Suzette Speaks Panel Discussion Featuring Jamie Beale Howe, Caren Howard, Chonda Naissant			
12:00 PM	LUNCH			
	AFTERNOON BREAKSOUT SESSIONS			
1:05 PM	Mental Health Therapy Techniques: Discover the power of simple, mindful practices to support mental health. This hands-on workshop introduces three creative therapy techniques: gardening for grounding and growth, coloring for calm and focus, and journaling for emotional clarity and self-reflection. Perfect for anyone seeking new ways to cope, express herself, and recharge emotionally.			
Session Title:	HER Well-Gardened Mind	Hues of Healing: The Art of Coloring Therapy	Finding Your Place in Grace by journaling during Uncertain Times	
Session Description	The Restorative Power of Nature - This workshop combines the well-being benefits of physical activity with meditation and mindful movement. Being outdoors, engaging with nature, nurturing plants, and quite literally seeing the fruits of	Coloring is not just for kids—it is a powerful therapeutic tool for calming the mind, reducing anxiety, and fostering mindfulness. Hues of Healing invites participants to tap into the soothing benefits of coloring as a form	To use journaling to find your place in grace, reflect on your past, present, and future from a faith-based perspective. By writing down your thoughts, you can identify how God has shown faithfulness and love in your life, even during challenging times. This practice helps	

	<p>your labor have all been shown to reduce stress and anxiety, improve self-esteem and confidence, and foster learning and social interaction.</p> <p>Led by a master gardener, this interactive session includes guided discussions on emotional wellness, grounding exercises, and practical gardening techniques designed to nurture both mind and body. Whether you are new to gardening or a seasoned green thumb, you will leave with tools to cultivate inner peace, emotional resilience, and a deeper connection to the natural world.</p>	<p>of creative expression and emotional release.</p> <p>Through guided activities and intentional reflection, you will explore how color, pattern, and quiet focus can support mental wellness and self-care. No artistic skills required—just bring your curiosity and a willingness to slow down, breathe, and heal through color.</p>	<p>you process your experiences and align your thoughts with your beliefs.</p> <p>Use journaling to Reflect on God's past grace. Write about a past trail, Trace your spiritual journey. Use gratitude to see God's grace. Focus on God's Present grace. Evison Go'ds future grace.</p>
Speaker/Panelists	Dominique Kinsler	Roslynne Powell	Shelly Albright
1:05 PM	<p>HER Mind Set: Understanding Brain Health, Dementia & Alzheimer's HER Mind Set is a vital conversation on protecting and preserving brain health—focusing on dementia, Alzheimer's disease, and the unique impact on women. This workshop will explore early warning signs, risk factors, and the latest research on prevention and cognitive wellness.</p> <p>Attendees will gain practical strategies to support brain health through lifestyle choices, nutrition, mental stimulation, and emotional well-being. Whether you are caring for a loved one or looking to be proactive about your own health, this session offers clarity, support, and empowerment for the journey ahead.</p> <p>Thought Leader: Kalinthia Dillard Panel Discussion Featuring Tequesta Alston, Debbie Origho Manigat, and Susan Reid</p>		
1:25 PM	<p>HER Sexual Space: Igniting Desire & Bridging the Gap Between What You Want and What You Experience Settle in for an intimate and inspiring conversation designed to spark reflection, offer real-world insights, and reignite desire. Learn how to explore, understand, and address a range of sexual concerns while nurturing intimacy, restoring connection, and cultivating open communication. This session will guide you through strategies to resolve intimacy issues and enhance sexual well-being.</p> <p>Panel Discussion Featuring Taraneisha Burgess, Tiffany McCalla-Bottorff and Dione Occenad-Nimmo,</p>		
2:00 PM	ANNIVERSARY CELEBRATION – SPONSORED BY TITO'S VODKA		