

Event Timeline

Welcome and Kick Off

Panel 1: Restorative Justice in the Health Care System

Our panel of experts will discuss health reform, the power of voting and access to care for black women and women of color

Panel 2: Mental Health and Creating Boundaries

Our experts will discuss creating healthy boundaries and creating space for mental health.
This session will include a Sound Bowl Experience

Giveaways and Intermission

Sponsor Highlights and Giveaways

Panel 3: From Maternal Health to Menopause

Our experts will discuss the importance of Maternal Health, Gynecological myths and Menopause in Black Women

Panel 3: Shine Bright: Hygiene & Period Power for Teen Queens

An indepth conversation on hygiene and health periods with expert physicians and teen leaders

Panel 4: Healthy Me, Healthy We - Community Advocacy

Our experts will focus on creating a community of trust in health care and healthy nutrition.
This session includes a cooking demo

Closing: Dance Fitness Party and Giveaways

After a day full of amazing speakers, help us close the day out with a dance fitness party and additional giveaways