



FITNESS EXPLOSION!

FEATURED SPEAKERS


KEYNOTE SPEAKER



GLENN ELLIS, IN ADDITION TO BECOMING A PROMINENT FEATURE ON LECTURE CIRCUITS AROUND THE COUNTRY, HAS DEVELOPED A LINE OF MARVELOUS HERBAL PRODUCTS WHICH HAVE RECEIVED WONDERFUL RESPONSES FROM THE MANY SATISFIED CLIENTS. GLENN'S BOOK, "WHICH DOCTOR", IS BEING HERALDED AS GROUNDBREAKING FOR ITS USEFULNESS TO LAY PEOPLE IN TAKING BETTER CONTROL OF THEIR PERSONAL HEALTH (HIS BOOK WILL BE AVAILABLE FOR SALE). FOR MANY YEARS HE HAS PENNED A WEEKLY HEALTH COLUMN, AS WELL AS HOSTED A WEEKLY TALK-RADIO HEALTH PROGRAM, "THAT HEALING FEELING".




PAMELA HOOKS IS A MOTHER, MOTIVATIONAL SPEAKER, COMMUNITY ACTIVIST, AWARD WINNING VIDEO PRODUCER, AND PERFORMANCE ARTIST (TENDERHEADED DIARIES), WHO PRESENTS, PERFORMS AND PRODUCES WITH THE SPIRIT OF PEACE.



MARCY FRANCIS, IS A PHILADELPHIA VOCALIST WHO HAS TRAVELED WORLDWIDE AS A MUSICIAN AND TEACHER OF THE SACRED HAND DRUM--THE SEKERE. SHE IS KNOWN FOR HER SPIRITUAL TEACHINGS THROUGH SPOKEN WORD AFFIRMATIONS.



MELANIE A. MARCHAND IS PRESIDENT AND FOUNDER OF SISTERS IN SHAPE, FITNESS EXPERT, PERSONAL TRAINER AND MOTIVATIONAL SPEAKER. FEATURED ON NBC10, CN8TV AND WURD RADIO, MS. MARCHAND CONTINUES HER MISSION TO SHARE KNOWLEDGE AND EXPERIENCE WITH AFRICAN-AMERICAN WOMEN TO IMPROVE THE HEALTH OF THIS COMMUNITY. MELANIE IS A MEMBER OF THE ALBERT EINSTEIN HEALTHCARE NETWORK WOMEN'S HEALTH ADVISORY BOARD AND HAS RECENTLY LAUNCHED HER OWN COMPLETE FULL-SERVICE GYM, WELLNESS CENTER AND PERSONAL TRAINING CENTER IN PHILADELPHIA CALLED SIS FITNESS.



SARA LOMAX REESE IS ONE OF THIS AREA'S MOST KNOWLEDGEABLE WHEN IT COMES TO THE HEALTH OF THE AFRICAN-AMERICAN COMMUNITY. SHE HAS PUBLISHED A MAGAZINE, EDITED A RESOURCE GUIDE CALLED THE "STATE OF BLACK HEALTH," AND HOSTS "HEALTHQUEST LIVE!" RADIO SHOW ON WURD 900 AM, WHICH DETAILS THE ENORMITY OF BLACK HEALTH IN AMERICA.

PROGRAM AT A GLANCE

FOR SATURDAY MAY 20, 2006

- 8:15-8:30 **THE POWER OF PRAISE**
WITH PAMELA HOOKS & MARCY FRANCIS
- 8:30-9:00 **EARLY MORNING WORKOUT**
WITH MELANIE A. MARCHAND
- 9:00-9:15 **THE STATE OF BLACK HEALTH**
WITH SARA LOMAX REESE
- 9:15-10:30 **WOMEN'S HEALTH PANEL**
- 10:30-11:15 **OPEN TIME: FREE HEALTH SCREENINGS, VENDORS, EXHIBITORS, RAFFLE TICKETS**

A. 10:45-11:15 SPINNING WITH MELANIE A. MARCHAND

EMPOWERMENT WORKSHOPS (SESSION 1)

- B. 11:15-12:00 **YOGA** WITH AYDA SUKA
- C. 11:15-12:00 **QI GONG** WITH BILL SIMPSON
- D. 11:15-12:00 **BASIC STRETCH** WITH MELANIE A. MARCHAND
- E. 11:15-12:00 **FOR WOMEN ONLY** WITH DR. ARNIE COHEN
- F. 11:15-12:00 **NOURISH YOUR LIFE** WITH SARA LOMAX REESE

HEALTHY BUFFET LUNCH (INCLUDED IN REGISTRATION FEE)

- 12:00-1:00 **WOMAN OF COURAGE AWARD, FASHION SHOW, TESTIMONIALS**
- 1:00-1:30 **KEYNOTE SPEAKER** GLENN ELLIS
- 1:30-2:00 **OPEN TIME: FREE HEALTH SCREENINGS, VENDORS, EXHIBITORS, RAFFLE TICKETS**

EMPOWERMENT WORKSHOPS (SESSION 2)

- G. 2:00-2:45 **BELLY DANCE** WITH VALERIE RUSHMERE
- H. 2:00-2:45 **LINE DANCE** WITH JOETTE WOOD-PATRICK
- I. 2:00-2:45 **SALSA DANCE** WITH PETER WATTS
- J. 2:00-2:45 **INTRO TO REIKI** WITH KIMBERLYN BANNERMAN
- K. 2:00-2:45 **THE HEALIN' FEELIN'** WITH MARCY FRANCIS
- 2:45-3:00 **OPEN TIME: FREE HEALTH SCREENINGS, VENDORS, EXHIBITORS, RAFFLE TICKETS**

EMPOWERMENT WORKSHOPS (SESSION 3)

- L. 3:00-3:45 **AGUMACHA!** WITH PAMELA HOOKS
- M. 3:00-3:45 **ABOUT THAT MAMMOGRAM**
WITH CONSTANCE SUMNER
- N. 3:00-3:45 **POSITIVELY MOTIVATED** WITH GLENN ELLIS
- 3:45-4:30 **OPEN TIME: FREE HEALTH SCREENINGS, VENDORS, EXHIBITORS, RAFFLE TICKETS**
- O. 4:00-4:30 **SPINNING** WITH SANDY SASSE

EMPOWERMENT WORKSHOPS (SESSION 4)

- P. 4:30-5:15 **CARDIO KICKBOXING** WITH RON DUKES
- Q. 5:45-6:00 **TAE BO®** WITH MICHAEL ARMSTRONG
- R. 4:30-5:15 **AGING GRACEFULLY**
WITH DR. EDDRA MARCHAND VON LOTTEN
- S. 4:30-5:15 **REJUVENATE YOUR SKIN** WITH JOI SPRAGGINS
- T. 4:30-5:15 **SPINNING** WITH SANDY SASSE

5:15-5:30 CLOSING REMARKS, GIVEAWAYS, RAFFLE PRIZES
WITH MELANIE A. MARCHAND & SHAYNA BAYARD

5:30-6:00 OPEN TIME: FREE HEALTH SCREENINGS, VENDORS, EXHIBITORS