

## Summit Steering Committee

Student committee members: Le Anne Boohene (WHBC radio), Aliyah DeVille (Intern), Caleb Hamilton (Intern), and Dominique Nash (WHBC radio)

*Ray Michael Bridgewater, Assembly of Petworth*

*Dr. Yvette Butler, Gap Buster, Inc.*

*Chris Cathcart, OneDiaspora Group*

*Jozanne Douglas, Howard University CEDAR Center*

*Rhonda Feimster, An Eye 4 Order*

*Paula Goddard, Horizons, LLC*

*Tanisha Hopson, Optimal Living Magazine*

*Kim Jones, Superintendent's Leadership Program, Montgomery County, MD*

*Thurman Jones, Patriots Technology Training Center*

*Jillian McKoy, KSG Strategic Consulting*

*Sheila Marshall, Howard University Alumni Association*

*Evelyn Stribling, The Stribling Foundation*

*Kesi Stribling, Chief Strategist, KSG Strategic Consulting*

*Sherron Washington, The P3 Solution*

### With sincere appreciation...

Jozanne Douglas, Dr. Joan Browne, Tamara Forbes (Howard University CEDAR Center); WHBC Radio station; Dr. Justin Coyle, Walgreens; Roxana Hoveyda, American Heart Association - Greater Washington Region; Jo-Ann English and the Howard University Office of Communications; Renee Nash and WHUR 96.3 FM; The Black AIDS Institute, The Women's Collective; Craig Muckle, Safeway; The Hilltop; Diane McKoy; Sheila Stewart and Radio One; and, our wonderful Steering Committee, sponsors, and partners.

### KSG STRATEGIC CONSULTING/CAREER CONNECT USA

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College Edition

Career Connect USA

# 2012 WEALTH & WELLNESS SUMMIT™

HOWARD UNIVERSITY

Armour J. Blackburn Center

2397 Sixth Street, NW

Washington, DC 20059

SEPTEMBER 27, 2012

10:30 a.m.



### SUMMIT SPONSORS



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## Wealth & Wellness Summit Program

### Welcome and Purpose

Kesi Stribling, Wealth & Wellness Summit Founder

### Introduction of Panelists

Sherron Washington, President, The P3 Solution, Emcee

### OPENING PLENARY

#### The State of College Student's Wealth & Wellness

**Moderator:** Gail Mates, National Spokesperson, American Heart Association, Go Red for Women and Health Advocate

#### WEALTH PANEL:

Carl E. Brown, Jr., Executive Director, Center for Minority Business Development, Prince George's Community College

Amy Lin, Deputy Policy and Organizing Director, Young Invincibles

Bronwen Andrea Okwesa, Outreach and Training Coordinator, U.S. Equal Employment Opportunity Commission, Washington Field Office

#### WELLNESS PANEL:

Justin Coyle, Pharm. D., Pharmacy Supervisor, Washington, DC District, Walgreens

Amy Lin, Deputy Policy and Organizing Director, Young Invincibles

Michael Torres, MD, Founder & President, Center for the Integration of Spirituality and Mental Health

### Break sponsored by 5 Hour Energy and Honest Tea

#### BREAKOUT SESSION PANELS: 11:45 a.m.—12:30 p.m.

##### TRACK 1: MAKE MONEY, KEEP MONEY Room 148

Paula Goddard, President, Horizons, LLC

Amy Lin, Deputy Policy and Organizing Director, Young Invincibles

Sai Pidatala, Esq., Partner, Arnold Sai Law Firm

**Moderator:** Robin Willis, Business Consultant

##### TRACK 2: CAREER PREPARATION Room 146

Bronwen Andrea Okwesa, Outreach and Training Coordinator, U.S. Equal Employment Opportunity Commission, Washington Field Office

Megan Goffney, Executive Director, Dress for Success, Washington, DC

Sheila Marshall, Retired Human Resources Executive

**Moderator:** Jillian McKoy, Media Relations Manager, KSG Strategic Consulting

##### TRACK 5: EMOTIONAL HEALTH & SPIRITUALITY Room 150

Rev. Fay Acker, Director of Spiritual Guidance and Pastoral Care, Andrew Rankin Memorial Chapel, Howard University

Tanisha Hopson, Publisher, Optimal Living Magazine

Michael Torres, MD, Founder & President, Center for the Integration of Spirituality and Mental Health

**Moderator:** Anita M. Wells, Ph.D., Assistant Professor, Department of Psychology, Morgan State University

#### BREAKOUT SESSION PANELS: 12:45 p.m. - 1:30 p.m.

##### TRACK 1: MAKE MONEY, KEEP MONEY Room 148

Paula Goddard, President, Horizons, LLC

Amy Lin, Deputy Policy and Organizing Director, Young Invincibles

Sai Pidatala, Esq., Partner, Arnold Sai Law Firm

**Moderator:** Robin Willis, Business Consultant

##### TRACK 3: EXPLORING ENTREPRENEURSHIP Room 146

Justin Arnold, Esq., Partner, Arnold Sai Law Firm

Carl E. Brown, Jr., Executive Director, Center for Minority Business Development, Prince George's Community College

Eugene George, President, E. G. Educational Services, LLC

Ben Sands, President, Regret Free Life

**Moderator:** Christina Eaglin, President, Magnificent Memories Perfectly Planned, LLC

##### TRACK 4: PHYSICAL HEALTH & SAFETY Room 150

Yusef Battle, Founder, The Fit Solution/Ambassador, American Heart Association

Justin Coyle, Ph.D., Pharmacy Supervisor, Washington, DC District, Walgreens

Sarah Spear Sands, Esq., Owner, Dance Trance DC

**Moderator:** Ray Michael Bridgewater, President, Assembly of Petworth

##### TRACK 6: RELATIONSHIPS, SEXUAL HEALTH, & GENDER ROLES Room 151

Abby Charles, Program Manager, CommonHealth ACTION

Jason Ottley, Founder, Empowering Relationships, LLC

Deborah McKinney, Health Consultant

**Moderator:** Tracee Ford, Community Mediation Maryland

#### CLOSING PLENARY SESSION: Develop and Implement Your Wealth & Wellness Plan

Abby Charles, Program Manager, CommonHealth ACTION

Ben Sands, President, Regret Free Life

Jason Ottley, Founder, Empowering Relationships, LLC

**Moderator:** Christina Eaglin, President, Magnificent Memories Perfectly Planned, LLC