



Career Connect USA
College Edition
2012 WEALTH & WELLNESS SUMMIT
09/27/2012 #WealthWellnessSummit



FOR IMMEDIATE RELEASE/INVITATION TO COVER

Media Contact: Jillian McKoy

Email: jpmckoy@ksgsc.com

Phone: (215) 680-3392

The Wealth & Wellness Summit™ gives DC area college students strategies to manage their careers, finances, health, and relationships

WASHINGTON, D.C. (September 10, 2012) – National and local leaders will share strategies on career planning, student loan debt management, emotional health, and entrepreneurship during the inaugural Wealth & Wellness Summit™ for Washington, DC area college students on **Thursday, September 27, 2012, 2012**. The free event, which will draw more than 200 participants, features an opening plenary session, interactive breakouts, and a closing plenary to help students design and implement their own wealth and wellness action plans.

“The summit will acknowledge the intersection of wealth and health in everyday life; impart best practices from leaders in wealth and health building; and empower summit participants to develop their own action plan to attain health and wealth for themselves and their families,” says Kesi Stribling, CEO and Chief Strategist of KSG Strategic Consulting, the summit’s host. “Undergraduate and graduate students are hoisting more responsibility, and have stressors that, traditionally, college students have not encountered.”

Participation in the summit will give students a competitive edge in the workplace, according to Dr. Joan Browne, Director of the Howard University Center for Career Education, Development & Research, and presenting sponsor of the event. “The Wealth and Wellness Summit will educate and motivate students to effectively manage their health, finances, career path and overall wellbeing, laying the foundation for making sound wealth and wellness life decisions, and giving them a competitive edge in the work world.”

Speakers for the summit include representatives from the Greater Washington Region of the American Heart Association, Walgreens, Dress for Success – Washington, DC, U.S. Equal Employment Opportunity Commission, Center for Minority Business Development at Prince George’s County Community College, Howard University, Optimal Living Magazine, Empowering Relationships, LLC, CommonHealth ACTION, Regret Free Life, noted psychiatrist Dr. Michael Torres, Young Invincibles, OneDiaspora Group, and, The Training Source.

The summit’s *Walgreens Wellness Center*, where health professionals from Walgreens will conduct blood pressure screenings, flu shots, and provide nutrition and health information for participating students. Additional highlights include a flash dance mob hosted by Dance Trance DC, free HIV testing, and the Dorm By Design™ Contest, during which a student will win a dorm makeover. The summit morning break is sponsored by 5 Hour Energy.

“This summit is a personal crusade,” Stribling says. “I have made many mistakes in preparing for my own wealth, which often affected my health, including stress leading to weight gain and exhaustion. If I can share my story, and attract other presenters who willingly tell their stories, we become the catalyst for change for students who may face the same challenges.”

SUMMIT SCHEDULE:

- 9:45 a.m. Press interviews through 10:00 a.m. (email JPMcKoy@ksgsc.com to confirm coverage)
- 10:30 a.m. Summit begins/Opening Plenary Session
- 11:45 a.m. Breakout Sessions:
Track 1: Make Money, Keep Money (Financial planning, student loans, debt reduction)
Track 2: Career Preparation (Resumes, interviews, social media usage, questions to ask before you accept the job)
Track 3: Exploring Entrepreneurship (establishing your business, strategic and business planning, human resources/policies, tips to ensure your business success)
Track 4: Physical Health & Safety (protecting yourself on and off campus, heart health, nutrition)
Track 5: Emotional Health & Spirituality: Stress reduction, getting control of your emotions, and confronting depression
Track 6: Relationships, Sexual Health, and Gender Roles (dating, maintaining healthy relationships, sexual health issues, and student resources on and off campus)
- 1:45 p.m. Networking Luncheon (students will dine and network with summit sponsors and speakers)
- 2:30 p.m. Closing Plenary: Develop and Implement Your Own Wealth & Wellness Plan
- 3:30 p.m. Post-event press interviews until 4:00 p.m.

For more information about the Wealth & Wellness Summit™, call (202) 904-1380, email careerconnect@ksgsc.com, or visit www.ksgsc.com/careerconnect.html. Follow [@CareerConnectDC](https://twitter.com/CareerConnectDC) on Twitter for the latest updates.