

motivated entangled complicated productive joyful proud  
 relieved deserving thoughtful ambitious artistic excited  
 loving articulate groundbreaking fabulous amazing confident  
 healthy educated extra empathetic trailblazing celebrating  
 motivated working fierce powerful kind vulnerable cautious



*We are Back!*

Visit [ccwc-fresno.org](http://ccwc-fresno.org) for detailed topic descriptions, speaker bios and more...



WARM-UP SPEAKER  
**ELIZABETH MCCORMICK**



Flindt Andersen



Allison Cassabon & Kellie Lopez



Lesby Mercedes Castro-Flores



Charah Coleman, MBA



Michelle DiBudio



Katie Flinn



Trina Frasier



Dr. Carole Goldsmith



Carolyn Gross



Jane Hammond



Susan Hatch



Dr. Bonnie Her



Susan L. Holt, LMFT



Jody Hudson



Matthew Knedel, MD



Dr. Manisha Mittal



Rhonda Murphy



Hailey Nelson, MD, FAAP, IBCLC



Dr. Marina Roytman



Trish Small



Jean Steel



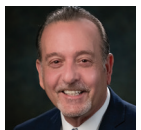
Alma Wolverton



COOL-DOWN SPEAKER  
**AMY BARNES**



Beth Wonson



Jim Yovino

**NO PRE-SELECTED SESSIONS**

Breakout sessions are on a first-come basis. Come early!

**Session 1 10:15 – 11:15 AM**

- 1-01 Everything Easy Entertaining and Grazing – Allison Cassabon & Kellie Lopez
- 1-02 Resilience and Women's Health – Dr. Bonnie Her (SPONSORED BY COMMUNITY HEALTH SYSTEM)
- 1-03 Bringing Yoga to Life – Katie Flinn
- 1-04 Rise Above the Chaos: Redefine Your Life – Carolyn Gross
- 1-05 Thank You for Shopping: Fashion Tips, Tricks and my True Story – Alma Wolverton
- 1-06 Grace is in the Space: Mantras to Help You Communicate with Clarity – Beth Wonson
- 1-07 Youth Mental Health: Forward Together, Nurturing the Greatest Gift – PANEL including Moderator Jim Yovino; Panelists: Trina Frasier, Susan L. Holt, Lesby Mercedes Castro-Flores and Trish Small

**Session 2 1:30 – 2:30 PM**

- 2-01 Navigating the Healthcare System – Susan Hatch
- 2-02 Love, Loss & Creating Purpose Through Pain – Jody Hudson
- 2-03 If You're Suffering from Joint Pain, You're Not Alone – Matthew Knedel, MD (SPONSORED BY SAINT AGNES HEALTH)
- 2-04 Survive and Thrive with Fitness! – Rhonda Murphy
- 2-05 Adding Sparkle to Self-Care: Boosting Personal Wellness – Hailey Nelson, MD, FAAP, IBCLC (SPONSORED BY VALLEY CHILDREN'S HEALTHCARE)
- 2-06 Let's Taco'bout It: Fatty Liver Disease in Women – Dr. Marina Roytman - (SPONSORED BY COMMUNITY HEALTH SYSTEM)
- 2-07 Resilience Skills For Life – Jean Steel

**Session 3 3:15 – 4:15 PM**

- 3-01 The Opioid Epidemic: What Women Need to Know – Flindt Andersen
- 3-02 Compassionate Finance: Drop the Shame and Build Your Wealth – Charah Coleman, MBA
- 3-03 Caregiving 101 – Michelle DiBudio
- 3-04 Investing in Yourself – Dr. Carole Goldsmith, SCCCD Chancellor (SPONSORED BY STATE CENTER COMMUNITY COLLEGE DISTRICT)
- 3-05 Are Free Refills a Thing? – How to Replenish your Mental Health – Susan L. Holt, LMFT
- 3-06 The Secrets of the Orange Spice: Turmeric for Women's Health – Manisha Mittal, MD (SPONSORED BY COMMUNITY HEALTH SYSTEM)
- 3-07 Great Sex in a Stressful World – Jane Hammond

**TUESDAY, SEPTEMBER 20**

**7:15 - 9:30 a.m. REGISTRATION & CONTINENTAL BREAKFAST**  
 Sponsored by Wawona Frozen Foods and The Brownie Baker

**8 - 9:30 a.m. WARM-UP SESSION**  
**YOU. In the Pilot's Seat** | Elizabeth McCormick | [yourinspirationspeaker.com](http://yourinspirationspeaker.com)

**9:30 - 10:15 a.m. MORNING BREAK**

**10:15 - 11:15 a.m. SESSION 1**



**11:30 a.m. - 1 p.m. KEYNOTE LUNCHEON**  
 Keynote Speaker Sponsor Saint Agnes Health  
**A CONVERSATION WITH Jennifer Ashton, M.D., M.S., F.A.C.O.G.**  
 Lunch Sponsored by Chukchansi Gold Resort & Casino

**1:30 - 2:30 p.m. SESSION 2**

**2:30 - 3:15 p.m. AFTERNOON BREAK**  
 Sponsored by Pepsi Beverages Company

**3:15 - 4:15 p.m. SESSION 3**

**4:30 - 5:30 p.m. COOL-DOWN RECEPTION & SPEAKER**  
 Sponsored by Deli Delicious, The Wonderful Company and The Brownie Baker **Comedy with Amy Barnes** | Amy Barnes | [amyisfunny.com](http://amyisfunny.com)

**Special Support** Bank of America | City of Fresno Economic Development Department | Fresno Pacific University | Fresno Yosemite International Airport

**Host** Derrel's Mini Storage | Women's Plastic Surgery Fresno | Office of the Fresno County Superintendent of Schools | Fresno First Bank | McCormick Barstow LLP | Fowler Packing Company | City of Fresno Water Conservation & City of Fresno Recycling Program | Pandora Fashion Fair | Rogers Jewelry | City of Fresno Department of Transportation | Mid Valley Disposal | EECU | Central Valley Community Bank | Sceptre & Sash Authentic Luxury | Zenith Agribusiness Solutions

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**Women Business Owners** Cyclebar | Stretch Lab | EcoWater of Central California | Susan Hatch – [medicaretoday.net](http://medicaretoday.net) | dōTerra Essential Oils | Elite Dental Mann DDS

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