



CITY OF CARSON

Carson Citizens Cultural Arts Foundation - Torrance Memorial Medical Center - Dymally Institute @ CSUDH

It's All About Me

Women's

Health Conference

"The Holistic Woman: A Conference for the Mind, Body, & Spirit"

FRIDAY, OCTOBER 17, 2025
7:30 A.M. - 3:00 P.M.

Join us for a day of empowerment, inspiration, and education.

Attire:
All shades
of pink
requested!

Early Bird Price:

\$55

Now - Sept. 18, 2025

Regular Price:

\$60

Sept. 19, 2025 - Oct. 9, 2025

**Register
Now!**

TICKETS INCLUDE:

- Continental Breakfast
- Panel of Experts with Q&A Session
- Educational Workshops
- Retail and Resource Vendors
- Live Entertainment
- Raffle Prizes
- Lunch
- Swag Bag



CARSON EVENT CENTER
801 E. Carson Street, Carson, CA 90745

For registration information, please call (310) 952-1782 ext. 1476.

For vendor information please call (310) 952-1782 ext. 1470.



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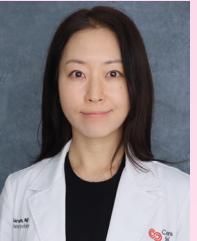
Adai Lamar, M.C.
KJLH Radio Station



Dr. Nicole
Alexander-Spencer, MD



Dr. Damien Goldberg, MD



Dr. Sarah Kim, MD



Dr. Jeffrey N. Quinn, MD



Dr. Mario Reyes, MD



Dr. Alexis N. Simpkins, MD



Dr. Karen C. Shum, DPM



Veronica Clanton-Higgins,
Ph.D., Psychology



Dr. Megan Ebor, Ph.D.,
Social Welfare



Deborah A. Griffin, Ph.D.,
Home Health



Sharmone LaRose, Ph. D.,
Geriatrics



Yolande Mavity, Ph. D.,
Physical Therapy



Marissa Minderler,
Registered Dietician



Dr. Cristina Moldovan, Ph.D.,
Psychiatry

BREAKFAST PANEL:

Let's Talk About Love
(and Everything
Else): Dating and
Intimacy for Seniors

Movement Matters

Chair Yoga

EDUCATIONAL WORKSHOPS:

BRAIN HEALTH

Understanding the Aging
Mind: Alzheimer's and
Memory Disorders

DIABETES

The Roadmap to a
Healthier You:
Understanding the Link
Between Diabetes and Gut
Health

EYE HEALTH

Improving Your Eye Health:
The Latest in Cataract
Surgery Technology

FOOT CARE

Keeping Your Feet Happy

GRIEF MANAGEMENT

Managing Grief After the
Loss of a Loved One

HOME CAREGIVERS

Home Care vs. Home Health Care:
What's the Difference?

MENTAL WELLNESS

Empowering Your Mindset and
Well-Being to Stress Less and
Live More

STROKE INTERVENTION

Stroke as a Life Span Disease

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COMMUNITY SERVICES/RECREATION/PARK MAINTENANCE DEPARTMENT