



## CITY OF CARSON

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



**"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.

COMMUNITY SERVICES/RECREATION/PARK MAINTENANCE DEPARTMENT



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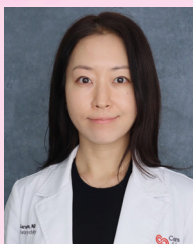
Adai Lamar, M.C.  
KJLH Radio Station



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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