



CITY OF CARSON

Carson Citizens Cultural Arts Foundation - Torrance Memorial Medical Center



"Reclaiming My Time"

FRIDAY, OCTOBER 16, 2026
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. 11, 2026

Regular Price:

\$65

Sept. 12, 2026 - Oct. 9, 2026

**Register
Now!**

TICKETS INCLUDE:

- ✂ Continental Breakfast
- ✂ Free Health Screenings
- ✂ 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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CITY OF CARSON

Carson Citizens Cultural Arts Foundation - Torrance Memorial Medical Center



"Reclaiming My Time"



Rachna Patel, MD



Alexis N. Simpkins, MD



Jeffrey Quinn, MD



Ujjwala Dheeriyia, MD



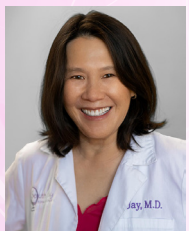
Tia Delaney-Stewart



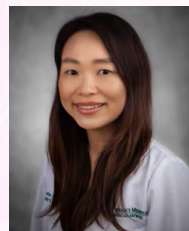
Neil H. Bhayani, MD



Leena Tran



Shirlene Jay, MD



Jennifer Park, MD



Mario Reyes, MD



Khalid Eltawil, MD



Cristina Moldovan, PhD



Houman Solomon, MD



Erycka Webb, MD

MORNING SESSION

- Continental Breakfast
- Chair Yoga
- "Empowering Your Mindset: Smart Lifestyle Choices for a Smart Future"
 - Veronica Clanton Higgins, Ph.D.
- Movement Matters
- Vendor Village

EDUCATIONAL WORKSHOPS

The Aging Woman: Trauma, Loss, and Reinvention in Later Life
Brain Health and Stroke Prevention
Cognitive Decline: Alzheimer's and Dementia
Colon Cancer and Genetics: Understanding Your Risk and Options
Dermatology: Ageless Beauty - Secrets for Every Stage of Life
Diabetes and Neuropathy: Real Talk, Real Solutions
Heart Health: Sleep Well, Live Well... Strategies for Restorative Rest
Preventative Care: Weight Management, Treatment Plans, and Blood Pressure

AFTERNOON SESSION

- Lunch
- Entertainment
- Vendor Village
- Raffle Prizes
- Swag Bag Distribution

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COMMUNITY SERVICES/RECREATION/PARK MAINTENANCE DEPARTMENT