



## PRESS RELEASE

City of Los Alamitos  
Contact: Recreation and Community Services  
(562) 430 – 1073  
Released 9/12/24

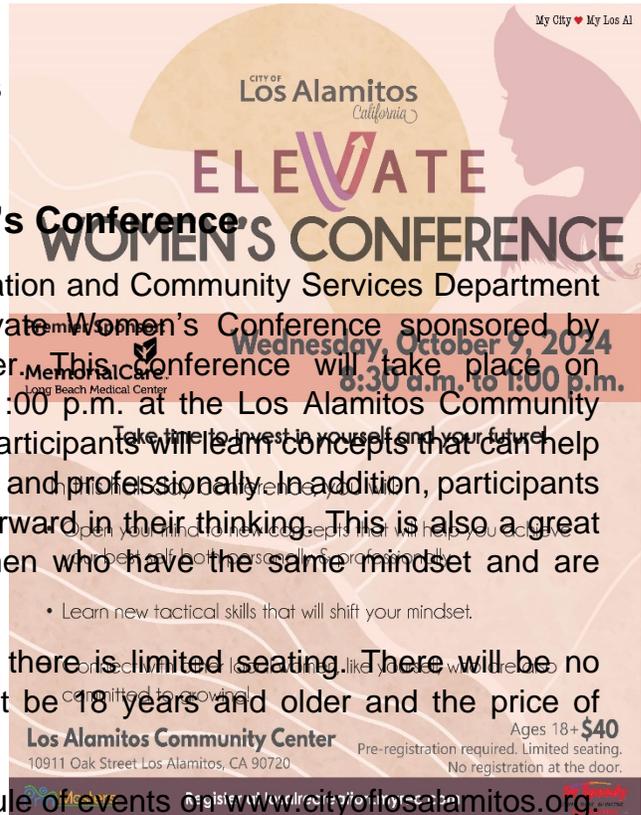
### Elevate Women's Conference

Los Alamitos, CA – The Los Alamitos Recreation and Community Services Department invites you to attend the third annual Elevate Women's Conference sponsored by MemorialCare Long Beach Medical Center. This conference will take place on Wednesday, October 9, from 8:30 a.m. to 1:00 p.m. at the Los Alamitos Community Center (10911 Oak St.). At this conference, participants will learn concepts that can help them to achieve their best self, both personally and professionally. In addition, participants will learn new tactical skills to propel them forward in their thinking. This is also a great opportunity to connect with other local women who have the same mindset and are committed to growing.

Pre-registration for this event is required as there is limited seating. There will be no registration at the door. All participants must be 18 years and older and the price of registration is \$40.

Be sure to check out our flyer for a full schedule of events on [www.cityoflosalamitos.org](http://www.cityoflosalamitos.org). To register, please visit [losalrecreation.myrec.com](http://losalrecreation.myrec.com) or contact the Recreation and Community Services Department at (562) 430 – 1073.

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CITY OF  
**Los Alamitos**  
*California*

3191 Katella Avenue  
Los Alamitos, CA 90720-5600  
Telephone: (562) 431-3538  
FAX: (562) 493-1255  
[www.cityoflosalamitos.org](http://www.cityoflosalamitos.org)

City of Los Alamitos **ELEVATE** My City ♥ My Los Al  
Orange

## WOMEN'S CONFERENCE

8:30am **Check-in**

**Intro & Welcome** Mayor Pro Tem Shelley Hasselbrink - City of Los Alamitos

**Keynote Speakers**

- Women and Life Transitions - Mayor Pro Tem Shelley Hasselbrink - City of Los Alamitos
- Don't Let the Queen Bee Syndrome Sting You - Tracy Miller - TM Consulting

**Breakout Session 1 (Choose one):**

- Women's Reproductive Health: Its Importance & Navigating the Challenges - Christine M. Feigl, MD  
Obstetrician-Gynecologist, MemorialCare Medical Group  
Vice Chair, Obstetrics & Gynecology, MemorialCare Long Beach Medical Center
- Bridging the Gaps in Women's Healthcare with Acupuncture - Sarom "Grace" Han, LAc - BT Wellness
- Resiliency & Inner Strength - Lina Lumme, CEO - The Youth Center

**Breakout Session 2 (Choose one):**

- Sound Mind, Sound Body: Empowering Women Through Mental Health & Self-Care with Sound Healing - Dr. Tselene Gardner, DBC, MFT
- Lights, Camera, Action: 5 Ways to Become the Maven of Your Midlife - Denyse Rabbat, Career Coach
- Stress Management and Social Support - Dr. Laura Zettel-Watson & Dr. Melanie Horn Mallers - Gero Fusion

11:15am Lunch

**Small Group Networking & Discussion**

**Closing Keynote Speaker Panel Topic** - Growth, Transitions, & Transformation

Facilitator: Tara Farajian, LCSW - Transitions in Motherhood

Panelists: Michelle Boos - Five Elements Consulting Group LLC  
Council Member Tanya Doby - City of Los Alamitos  
Felicia Gonzalez, AAMS® - Edward Jones Investments

1:00pm **Closing**