



## PRESS RELEASE

City of Los Alamitos  
Contact: Windmera Quintanar, MMC, City Clerk  
(562) 431 – 3538, ext. 220  
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### **Los Alamitos Elevate Women's Conference**

The City of Los Alamitos Recreation and Community Services Department hosted the third annual Elevate Women's Conference on Wednesday, October 9, 2024. The half-day event was held at the newly renovated Los Alamitos Community Center from 8:30 a.m. to 1:00 p.m. A sold-out conference this year hosted approximately 80 guests from local and surrounding communities. Like last year, women were invited to experience an invigorating and captivating series of keynote speakers, breakout sessions, lunch, and small group networking discussions. The event utilized multiple rooms to split the participants up into smaller groups and rotate between activities. These activities were designed to help guests connect with other local women, committed to applying new concepts to help them achieve their best personal and professional selves.

Doors opened at 8:30 a.m. to the facility's larger activity room filled with warm lights and beautifully decorated tables. Guests were invited to enjoy a light breakfast consisting of fresh fruit, granola, yogurts, pastries, juices, and coffee. Stunning balloon arrangements framed two backdrops within the room. One stood behind the podium next to the colossal projection screen ready for the first keynote speaker. At each table a bouquet of fresh flowers centered on the table along with branded tote bags and goodies to enjoy. An artistically designed booklet sat in front of each chair outlining the itinerary for the day. Suppliers of the beautifully printed program and branded event notepad included sponsors for the event Sir Speedy and Print Masters, both local Los Alamitos businesses.

Mayor Pro Tem Shelley Hasselbrink welcomed the attendees and kicked off the event as the first speaker. She spoke about women and life transitions, with great research on generational information to share, before passing along the spotlight to Tracy Miller with TM Consulting. Tracy spoke about the "Queen Bee Syndrome" and how to avoid letting this social phenomenon create hostile relationships with other women. After a short break, to socialize and discuss the inspirational speeches it was time for the breakout sessions. Two sessions were planned for the day, both offering three subjects to choose from.

Discussions ranged from learning about reproductive health to conversations about career growth with a career coach.

#### Breakout Session 1:

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

#### Breakout Session 2:

- Sound Mind, Sound Body: Empowering Women Through Mental Health & Self-Care with Sound Healing – Dr. Tselane 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- GeroFusion

Lunch was served at 11:15 a.m. and featured a Mediterranean meal. The lunch break was followed by a small group networking and discussion session, providing ample opportunity for attendees to connect. After much good food and enriching conversations, the day came to an end with a closing keynote panel of previous Elevate Women's Conference speakers, answering questions and offering personal and professional advice on growth, life transitions, and transformation. Tara Farajian, LCSW, with Transitions in Motherhood facilitated the discussion panel. Her guests included Michelle Boos from Five Elements Consulting Group LLC, Los Alamitos Council Member Tanya Doby, and Felicia Gonzalez with Edward Jones Investments.

This concluded the third successful iteration of the Elevate Women's Conference for the Los Alamitos Recreation and Community Services Department. With growing participation, excitement, and newfound empowerment guests looked forward to next year's offerings. The conference provided many a much needed break from the daily grind to hear from extraordinary leaders and make new connections to reinvigorate personal and professional commitments to long-term growth and wellbeing.















