

PRESS RELEASE

City of Los Alamitos
Contact: Recreation and Community Services
(562) 430 – 1073
Released 8/11/25

Elevate Women's Conference

Los Alamitos, CA – The Los Alamitos Recreation and Community Services Department invites you to attend the fourth annual Elevate Women's Conference sponsored by MemorialCare Long Beach Medical Center. This empowering event will take place on Wednesday, October 1, 2025 from 8:30 a.m. to 1:00 p.m. at the Los Alamitos Community Center (10911 Oak Street). Designed to inspire personal and professional growth, the Elevate Women's Conference will offer attendees practical tools and strategies to support their journey toward becoming their best selves. In addition to gaining valuable insights, participants will have the opportunity to network and connect with like-minded women who are equally committed to growth and success.

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 or 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. To register, please visit losalrecreation.myrec.com or contact the Recreation and Community Services Department at (562) 430 – 1073.

My City ♥ My Los Al

CITY OF
Los Alamitos
California

ELEVATE WOMEN'S CONFERENCE

Premier Sponsor:


Miller Children's
& Women's Hospital
MemorialCare

Wednesday, October 1, 2025
8:30 a.m. to 1:00 p.m.

**A dynamic, empowering experience that blends personal growth,
professional development, and community building**

- Learn about emotional intelligence and navigating through your personal & professional life.
- Learn about "becoming whole" and the process of intergrating all parts of yourself, your emotions, values, experiences, & identities into a strong, authentic, and balanced sense of self.
- Connect with other local women, like yourself, who are also committed to growing and developing themselves & a powerful sense of community.

Los Alamitos Community Center

10911 Oak Street Los Alamitos, CA 90720

Ages 18+ **\$40**

Pre-registration required. Limited seating.
No registration at the door.

Register at losalrecreation.myrec.com

ELEVATE

WOMEN'S CONFERENCE

8:30am **Check-in**

Intro & Welcome Mayor Shelley Hasselbrink - City of Los Alamitos

Keynote Speakers

- *The Beautiful Chaos of Becoming: Learning to Celebrate the Highs (and Survive the Lows)* - Mayor Shelley Hasselbrink, City of Los Alamitos
- *You've Got Style: Know Your Communication Style to Influence and Lead* - Gwen Hennessey, Hennessey Communications

Breakout Session 1 (Choose one):

- *When the Past Shows up in the Present: Meeting Your Inner Child* - Stephanie Archinas-Murphin, LMFT, Nurture & Heal Counseling
- *From Nervous to Noteworthy: Conquering Your Fears in Public Speaking & Self-Branding* - Felicia Gonzalez, Edward Jones®
- *Strong is the New Empowered: Redefining Women's Wellness* - Lisa Patino, Motivated by Lisa

Breakout Session 2 (Choose one):

- *Restoring Balance: The Female Body Under Stress & Eastern Wisdom* - Sarom "Grace" Han, LAc, BT Wellness
- *Your Hips Don't Lie: How Pelvic Floor Therapy Can Help You Feel More Confident in Your Body* - Kristin DiMiceli, Garage Pilates & Dr. Stacie Groat, DPT, Sunshine Physical Therapy & Wellness
- *Strong Hearts, Strong Women: Taking Charge of Your Heart Health* - Dr. Nissi Suppogu, Medical Director, Women's Heart Center, and Dr. Christina Rodriguez Ruiz, Medical Director, Advanced Cardiac Imaging, MemorialCare Heart & Vascular Institute at Long Beach Medical Center

Keynote Speaker

Unapologetic Wellness: Prioritizing Yourself Without Guilt - Mayor Pro Tem Tanya Doby

Speed Networking

Women Who Connect: The Power Exchange - Michelle Boos-Stone, Five Elements Consulting Group LLC.

12:15pm **Lunch & Small Group Discussion**

1:00pm **Closing**



