



National Institute of  
Environmental Health Sciences

# Women's Health Awareness 2026

Transforming Communities by  
Enhancing Women's Health

**Saturday, April 11, 2026**



**Activities of the Day**  
**8:00 a.m. – 5:00 p.m.**

The lead sponsor is the Office of Human Research and Community Engagement, Clinical Research Branch, National Institute of Environmental Health Sciences (NIEHS). The Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc. and the North Carolina Central University Department of Public Health Education are co-sponsors.

# **Women's Health Awareness Main Site:** Hillside High School, 3727 Fayetteville Road, Durham, N.C.

## **Announcements and Notices**

### **Customer Service Desk**

Lose your badge? Forget your meal ticket? Need medical attention? Need assistance? Please come to the Customer Service Desk located at the Volunteer Check-In next to the theater.

### **In Case of an Emergency**

**For life-threatening medical emergencies, call 911.**

The Customer Service Desk is the location to report all internal emergencies.

### **First Aid Room**

Located in **Room 117**.

## **Anuncios y Avisos**

### **Servicio de atención al cliente**

¿Perdiste tu identificación? ¿Olvidaste tu ticket de comida? ¿Necesita atención médica? ¿Necesita ayuda? Acércate al mostrador de atención al cliente que se encuentra en la mesa de registro de voluntarios, junto al teatro.

### **En caso de emergencia**

**En caso de emergencias médicas que pongan en peligro la vida, llame al 911.**

El servicio de atención al cliente es el lugar para informar de todas las emergencias internas.

### **Sala de Primeros Auxilios**

Ubicado en la sala 117.

# Table of Contents

Announcements and Notices .....	ii
Conference Steering and Planning Committee and Subcommittees .....	2
Welcome Letter .....	6
Conference Agenda.....	7
Agenda-at-a-Glance .....	8
All-Day Health Screenings and Services .....	25
Agenda de la Conferencia en Español .....	28
Exámenes de Salud y Servicios .....	30
Research Study Booths .....	32
Distinguished WHA Faculty.....	37
Co-Sponsors, Corporate and Business Partners.....	41
Exhibitors .....	48
Building Map .....	49

# Women's Health Awareness 2026 Steering and Planning Committee

## **Joan P. Packenham, Ph.D.**

Founder and Director, Women's Health Awareness Program;  
Chair, Steering and Planning Committee

Director, Office of Human Research and Community  
Engagement, National Institute of Environmental Health  
Sciences (NIEHS), National Institutes of Health (NIH)

Chair, Physical and Mental Health Committee,  
Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

## **Willa Robinson Allen, M.P.H., M.A.Ed., MCHES**

Program Manager, Health Promotion and Wellness,  
Durham County Department of Public Health

Alpha Kappa Alpha, Mu Omicron Omega Chapter

## **Aquaris Anderson, MBA, MSIE, M.S.-Cybersecurity**

Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

## **Letitia Johnson-Arnold, M.S. Ed.D., CHES, NBC-HWC, CHWI**

Behavioral and Community Health Programs –  
Coordinator/Instructor, Durham Technical Community  
College, Gamma Upsilon Zeta, Zeta Phi Beta Sorority Inc.

## **Monica Barnes, B.A.**

Community Engagement Director,  
WTVD 11, an ABC-Owned Station

Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

## **LaSonia Melvin Barnett, M.A.**

Certified Community Facing Navigator Lead,  
Duke Cancer Institute Community Outreach Engagement,  
Duke University School of Medicine

## **Sharon Beard, M.S.**

Director and Branch Chief, Worker Training Program,  
National Institute of Environmental Health Sciences, NIH

Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

## **Pamela Bivens-Pippin, M.A.**

A Bivens Collective LLC

Beta Pi Sigma Durham Alumnae Chapter, Sigma Gamma  
Rho Sorority Inc.

## **Cleta Davis, MBA, ASQ, CQA**

Quality Investigation Approver

Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

## **Lillian Davis, B.A.**

Director, Public Policy and Advocacy, NAMI NC

Raleigh Alumnae Chapter, Delta Sigma Theta Sorority Inc.

## **Rojulyenne Fike, M.A.**

School Counselor, Central Park School for Children

Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

## **Cheryl Giscombe, Ph.D., RN, PMHNP-BC, FAAN**

Senior Associate Dean and Chief Wellness Officer and  
Levine Family Distinguished Professor of Quality of Life,  
Health Promotion and Wellness, UNC School of Nursing

Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

## **Portia Hedgepeth, B.S.**

President, Triangle Chapter, Sister's Network Inc.

## **Calleen Herbert, M.S.**

Director, Community Engagement and Service,  
North Carolina Central University

## **Gloria Howell, M.A.**

Retired, Volunteer Services Director, UNC-TV

Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

## **Shawn Jeter, B.S.**

Technical Information Specialist, NIEHS

Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

## **Lillian Horne, M.D.**

N.C. Disability Determination Services

Co-Chair, Physical and Mental Health Committee,

Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

## **QuRita Hunter, M.S.**

Director, Graduate Support and Admissions,  
Durham Nativity School

Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

## **Angelo Moore, Ph.D., RN, NE-BC**

Executive Director, Center of Excellence for Integrative  
Health Disparities and Equity Research, School of Nursing,  
North Carolina A&T State University

## **Sharon Mosley, M.S., LCMHC**

Licensed Clinical Mental Health Counselor and owner of  
The Fit Talk PLLC

Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

## **Joyce Page, M.P.H.**

Health Education Specialist, Durham County Department of  
Public Health

**Wyvonia Perry, RN, BSN**

Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.  
Member, Phi Chapter, Chi Eta Phi Nursing Sorority Inc.

**Mariah Prince-Allen, DNP, FNP-BC**

Women's Leadership and Retention Strategist  
Founder, Telehealth for Her

**Katrina Pointer, M.Ed.**

Lupus Advocate, Chapel Hill-Carrboro Alumnae Chapter,  
Delta Sigma Theta Sorority Inc.  
Gamma Chapter, Lambda Sigma Sigma Lupus Sorority Inc.

**LaHoma Smith Romocki, Ph.D.**

Associate Professor and Chair, Department of Public  
Health Education, North Carolina Central University

**Adeirdre Stribling Riley, Ph.D.**

Clinical Psychologist, Durham Alumnae Chapter,  
Delta Sigma Theta Sorority Inc.

**Alyshia Smith, DNP, RN, NEA-BC**

Medical Center Director, Durham VA Health Care System

**Carmelita Spicer, M.Ed.**

Grants Administrator and Board Liaison Director,  
Community Health Coalition Inc.  
Member, Alpha Kappa Alpha Sorority

**Dana Todd, M.D.**

Board Certified Family Physician, Duke Primary Care  
Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

**Lavetta Davidson Waller, B.S.**

Community Advocate, N.C. Department of Revenue

**Taren Vaughn, PT, DPT, MS**

Physical Therapist, Durham Alumnae Chapter,  
Delta Sigma Theta Sorority Inc.

**Sandra White-Olden, Ph.D.**

Professor (Retired), Department of Biology and Center for  
Science, Math, and Technology Education, North Carolina  
Central University  
Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

**Janze Taylor, DNP, MSN, APRN FNP-BC**

Founder, EMBODI Hydration and Wellness

# Women's Health Awareness 2026

## Subcommittees

### **Audiovisual and Information Technology Support**

Attended Event Planning & Production LLC

NIEHS/NIH Team

- Justin Branch
- Tom Bunker
- Jason Carias
- Bryan Duran
- Grant Friedlein
- Nathaniel Getz
- Monica Graham
- Deepa Prabhu
- Vick Shah
- Stan Skinner
- Etan Ulanday

### **Cardiovascular and Diabetes Screening Coordinators**

Yolanda VanRiel, Ph.D., RN, MEDSURG-BC, OCN, CNE, ACUE, ANE, Chair, Department of Nursing, North Carolina Central University

Shinel Stephens DNP, APRN, FNP-C, Department of Nursing, North Carolina Central University

Dana Carthron, Ph.D., AGACNP-BC, School of Nursing, North Carolina A&T State University

Dana Todd, M.D., Durham Alumnae Chapter, Delta Sigma Theta Inc.

### **Catering**

Tiffany Blakney, Director of Operations

District Manager, Aramark Collegiate Hospitality

Eddie Gibson, Aramark Collegiate Hospitality

Brandon Tisdale, Catering Director, Aramark Collegiate Hospitality, North Carolina Central University

Marci Oliver, Catering Chef, Aramark Collegiate Hospitality

### **Customer Service**

Durham Chapter of the National Epicureans

### **Dental Screening Coordinators**

James R. Harris, M.A., Director, Dental Services, Durham County Department of Public Health

Chitrakala Jagadeesan, DDS, Durham County Department of Public Health

### **Durham Public Schools**

*Building Services Department*

- Clifton Williams, CFM, Director, Maintenance and Environmental Services
- LeKecia Flowers, Facility Rental Specialist

*Safety and Security*

- Eva Howard, Executive Director, Safety and Security
- Jen Fleming, Assistant Director, Safety and Security and Emergency Management
- DeShanda Spellman, Security Technical Support and Data Manager
- Kyle Caldwell, Emergency Management Coordinator

*Hillside High School*

- Joshua Mallory, Ed.D., Principal
- Tricia Scott, Assistant Principal
- Travin Duncan, Technical Theatre Director

*Information Technology*

- Joy Malone, Information Technology
- Javin Griffin, Senior Audiovisual Technician

### **Durham County Sheriff's Office**

Andre D. Hinton, Captain

### **Durham Technical Community College**

*Health and Wellness*

- Melissa Oakley Ockert, M.S., CCRA, CCRP, Dean, Health and Wellness
- Letitia Johnson-Arnold, M.S., Ed.D., CHES, NBC-HWC, CHWI, Behavioral and Community Health Programs – Coordinator/Instructor
- Community Health Worker Program Students

*Interpretation and Translation Programs*

- Sara Juarez, M.A., CHI (TM), Director, Interpretation and Translation Programs, Center for the Global Learner
- Suzanna Hernandez, Instructor – Translation and Interpretation
- Laura Price, Instructor – Translation and Interpretation
- Students in Interpretation and Translation Programs

### **Event Registration**

Rojulynne Fike, M.A., Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

QuRita Hunter, M.S., Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

### **First Aid Room**

Wyvonia Perry, RN, BSN, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.; Phi Chapter, Chi Eta Phi Nursing Sorority Inc.

Members of Phi Chapter, Chi Eta Phi Nursing Sorority Inc.

### **Graphic Design and Art Direction**

Paul Cacioppo, Senior Art Director and Designer, Image Associates

Erica Hinton, Editor, Image Associates

### **Hospitality Coordinators**

Betty Blackmon, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Yvonne Fisher, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Mary Thomas, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

### **Institutional Officials**

Kyle Walsh, Ph.D., Director, NIEHS and National Toxicology Program, NIH, U.S. Department of Health and Human Services

Trevor K. Archer, Ph.D., Deputy Director, NIH Distinguished Investigator, NIEHS, NIH, U.S. Department of Health and Human Services

Michael Fessler, M.D., Chief, Clinical Research Branch; Clinical Director and Principal Investigator, NIEHS

LaHoma Romocki, Ph.D., Associate Professor and Chair, Public Health Education Department, North Carolina Central University

Sonji Samuel, President, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

### **Interpreters**

#### *American Sign Language*

- April Cook, NIH Lead Interpreter, Access Interpreting Inc.
- Linda Kiefer, Program Manager, Interpreting Services, NIH

### **Logistics and Implementation**

#### *Office of Human Research and Community Engagement, NIEHS and NIH*

- Joan P. Packenham, Ph.D., Director
- Huei-Chen Lee, Ph.D.
- Jennifer Profanchik
- Craig Wladyka, MPA, CIP

#### *Attended Events*

- Jeff Besselman, VP and Director of Client Services
- Jamie Bockover, Senior Account Manager
- Nell Levine, Account Manager
- Jazmine Corbin, Event Coordinator
- Sara Mitchell, Event Coordinator
- Wyatt Dowdy, Head of Video

### **Breast and Cervical Cancer Education and Screening Committee**

Shelley Hwang, M.D., M.P.H., Mary and Deryl Hart Distinguished Professor of Surgery, Professor of Surgery and Radiology, Vice-Chair of Research, Department of Surgery, Duke University School of Medicine; Member, Duke Cancer Institute

Syeda Fatima Batool, M.P.H., Cancer Prevention and Control Branch, N.C. Department of Health and Human Services

Kimberly Bradsher, B.S., Community Outreach Engagement Team

Coleen Crespo, B.S., MIS Triangle Chapter, Sister's Network Inc.

Portia Hedgepeth, B.S., President, Triangle Chapter, Sister's Network Inc.

Sonia Max, M.S., RN, CNL, Lincoln Community Health Center

LaSonia Melvin Barnett, M.A., Lead, Community Outreach Engagement Team, Duke Cancer Institute

Callie Naimark, Invision Diagnostics Mobile 3D Mammography

### **Media and Publicity**

Monica Barnes, B.S., Community Engagement Director, ABC11/WTVD-TV Raleigh-Durham-Fayetteville; Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Mathias Bishop, B.A., CEO, Bishop Public Affairs

Aliya Crump, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Lauren Housten, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Lavetta Davidson Waller, B.S., N.C. Department of Revenue

Joe Poccia, NIEHS and NIH

Jesse Saffron, NIEHS and NIH

Quiana M. Shepard, Director, Communications and Marketing, North Carolina Central University

### *Web Designers and Developers*

- Claus Jensen, NIEHS and NIH
- Joe Poccia, NIEHS and NIH
- Qasim Rasheed, NIEHS and NIH
- Cheryl Thompson, NIEHS and NIH

### *NIEHS Web Team AV Support*

- Nathan Mitchner
- Christopher Schnur

### **Members From Various Student Organizations**

Students of Interpretation and Translation Programs, Durham Technical Community College

Students of the Community Health Worker Program, Durham Technical Community College

Alpha Lambda Chapter, Delta Sigma Theta Sorority Inc., North Carolina Central University

Students of the Department of Nursing, North Carolina Central University

Students of the Department of Public Health Education, North Carolina Central University

Students at the University of North Carolina at Chapel Hill Adams School of Dentistry/American Association of Public Health Dentistry

Medical Students of the Duke University School of Medicine

Hillside High School Student Organization and Groups

NIEHS Intramural Research Training Fellows: Postbaccalaureate and Postdoctoral

Students of the School of Nursing, North Carolina A&T State University

Students of the Department of Nutrition at North Carolina Central University

### **Photography and Sound**

Mathias Bishop, Bishop Photography

Maurice Noble, Independent Photographer

Andrew Shankle, Shankle Sound

### **Rural Community Partners**

- Tara Foster, M.A., BSW, Asheville Alumnae Chapter, Delta Sigma Theta Sorority Inc.
- JeWana McEachin, B.A., Executive Director, Asheville -Buncombe Institute of Parity Achievement
- Rasheeda Hall, B.A., BSW, MSW, Dogwood Health Trust
- Zakia Bell Rogers, BSW, Community Engagement, Buncombe County Government
- Ann Woodford, Community Leader, Western, N.C.
- LaHoma Romocki, Ph.D., Granville County Community Leader
- Terry Jones, MPA, Granville Vance Public Health
- Members of Oxford-Henderson Chapter, Delta Sigma Theta Sorority

### **Translational Services**

Letitia Johnson-Arnold, M.S., Ed.D., CHES, NBC-HWC, CHWI, Behavioral and Community Health Programs – Coordinator/Instructor

Marlene Martinez, Durham Technical Community College Community Health Worker Program Graduate

### **Volunteer Committee**

Gloria Howell, Chair, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Danielle Blackwell, D'IMAGE Production and PR Management LLC

Shawn Jeter, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Demetria Jones, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Pamela Owens, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Twala Timmons, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

## Welcome



Greetings Conference Participants,

Welcome to the Women's Health Awareness (WHA) Wellness Conference. It is a privilege to gather with a community united by a shared commitment to advancing health and improving lives. Each year, this conference reflects the strength of a community coming together to meet new challenges with renewed purpose, positivity, passion, and dedication to improving women's health. Since 2015, the WHA Conference has been guided by a powerful vision, "Transforming Communities by Enhancing Women's Health." Through this work, WHA has become a trusted source of health knowledge, services, resources, and community connection for women and families across North Carolina.

Since its launch, WHA has grown into an important evidence-based community program. This means the information, strategies, and services shared through the conference are grounded in research and proven public health approaches that support better health outcomes.

WHA represents community-based translational research in action, connecting scientific discovery with communities so that knowledge leads to improved health outcomes and healthier lives. The conference focuses on key areas that influence women's health, including chronic disease prevention and management, environmental health literacy, healthy lifestyle practices, and access to health information and services. Through educational sessions, health screenings, and connections to community resources, WHA helps women better understand the factors that influence health and the steps they can take toward healthier lives.

The Women's Health Awareness Conference convenes a broad network of health professionals, researchers, educators, public health practitioners, government partners, and community organizations working together to advance women's health. By sharing expertise and strengthening partnerships, we expand opportunities for women and families to connect with trusted information, services, and support.

It has always taken a village to make this conference possible. We extend our sincere gratitude to our co-sponsors (Durham Alumnae Chapter of Delta Sigma Theta Sorority and North Carolina Central University Department of Public Health) our partners, volunteers, faculty, service providers, and planning committee members whose dedication continues to move this work forward.

Most importantly, we thank YOU for being here. Your presence and engagement make this event meaningful and impactful. We hope today's conference provides valuable health knowledge, meaningful connections, and renewed inspiration as we continue working together toward healthier communities.

When science, community, and shared purpose come together, knowledge becomes action, creating healthier lives for women, families, and communities!

Thank you for participating in the 2026 Women's Health Awareness Conference!

Warmest and Best Regards,

**Joan P. Packenham, Ph.D.**, Founder and Director, Women's Health Awareness Program and Steering and Planning Committee; Director, Office of Human Research and Community Engagement, National Institute of Environmental Health Sciences, National Institutes of Health; Chair, Physical and Mental Health Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.



# **Women's Health Awareness 2026**

## Conference Agenda

## Agenda-at-a-Glance

Time	Theater	Media Center	Room 124 (ROTC)
8:30 – 9:30 a.m.	<p><b>Posting of the Colors</b></p> <p><b>Welcome</b> Joan P. Packenham, Ph.D.</p> <p><b>“Let’s Move”</b> Willa Robinson Allen, M.P.H., M.A.Ed., MCHES</p> <p><b>Greetings</b> Kyle Walsh, Ph.D. Javiera Caballero Rodney Jenkins, Dr.P.H., MHA Pamela Murphy Lewis, MBA Sonji Samuel, MBA, M.S. Angelique Stallings, B.S.</p>		
9:30 – 9:50 a.m.	<b>Morning Break</b>		
9:50 – 11:25 a.m.	<p><b>Keynote</b></p> <p><b>“The Whole Journey: Advancing Women’s Health at Every Stage of Life”</b> Moderator: Deborah Holt Noel, M.A. Leah Bressler, M.D., M.P.H., Cheryl Carrol, DNP, CNM, PMHNP-BC, PMHCNS-BC, CST, CNM, Susan Murphy, Ph.D., and Mariah Prince-Allen, DNP, FNP-BC</p>		
11:25 – 11:35 a.m.	<b>Transition to Next Session</b>		
11:35 a.m. – 12:20 p.m.		<p><b>Cardiovascular Health</b></p> <p><b>“The Heart of the Matter: What Every Woman Needs to Know About Heart Disease”</b> Chelsea Ngongang, M.D., FACC</p>	<p><b>Veteran’s Health Panel</b></p> <p><b>“Empowered Care: Navigating Women Veterans’ Health at the VA”</b> Marie Stewart, LCSW, and Antonia Vincent, LCSW</p>
12:20 – 1:20 p.m.	<b>Lunch Break — Lunch sponsored by Aramark Collegiate Hospitality and North Carolina Central University</b>		
1:20 – 2:05 p.m.		<p><b>Environmental Health Education</b></p> <p><b>“Let’s Talk About Water, Baby”</b> Moderator: Kim Gaetz, Ph.D. Kennedy Holt, MSPH, Crystal Lee Pow Jackson, Ph.D., and Nicole Snyder, Ph.D., M.P.H., M.A.S.</p>	<p><b>Cancer Health Education</b></p> <p><b>“What Happens After Lung Cancer: Four Reasons for Hope”</b> Stacy Wentworth, M.D.</p>
2:05 – 2:15 p.m.	<b>Transition to Next Session</b>		
2:15 – 3:00 p.m.		<p><b>Behavioral Health Education</b></p> <p><b>“Invisible Wounds, Silent Risk: Trauma, Stress, and the Female Heart”</b> Valerie Benedicta Idada-Parker, DNP, PMHNP-BC, FNP, LCAS</p>	<p><b>Breakout Session</b></p> <p><b>“Effects of Family Caregiving on Women’s Health”</b> Jennifer Link, MSW</p>
3:00 – 3:10 p.m.	<b>Transition to Next Session</b>		
3:10 – 3:55 p.m.		<p><b>Breakout Session</b></p> <p><b>“The Many Faces of Sarcoidosis”</b> Stephen Tilley, M.D., and Ogugua Ndili Obi, M.D., M.P.H., M.Sc.</p>	<p><b>Breakout Session</b></p> <p><b>“Love Shouldn’t Hurt: Understanding the Dynamics of Domestic Violence”</b> Rhonda B. Powell</p>
<b>Health Screenings 10:30 a.m. – 4:30 p.m.   Exhibitor Resource Booths 10:30 a.m. – 4:30 p.m.</b>			
4:30 – 4:45 p.m.		<b>Closing</b>	

## Agenda-at-a-Glance

Room 112A	Room 119	Band Suite	Cafeteria
Morning Break			
Transition to Next Session			
<p><b>Diabetes Health Education</b>                      "Healthy Blood Sugar, Healthy You:                      A Practical Guide for Women"                      Neesha Namasingh, M.D.</p>		<p><b>Healthy Living</b>                      "Dancing: Nourishing the Body                      Through Movement"                      Marvis Henderson-Daye, Ed.D.</p>	
Lunch Break — Lunch sponsored by Aramark Collegiate Hospitality and North Carolina Central University			
<p><b>Breakout Session</b>                      "Our Blood Matters: What Individuals                      Need to Know About Sickle Cell                      Disease: A Panel Discussion with                      Sickle Cell Warriors"                      Cheryl Brewer, Ph.D., MSN, RN,                      and Ingrid Barton</p>		<p><b>Healthy Living</b>                      "Restore and Recharge: Nervous                      System Calm for Women's Health"                      Ingrid Saddler-Walker, M.A.,                      E-RYT 500/RCYT 95</p>	
Transition to Next Session			
<p><b>Breast Health</b>                      "Breast Health Essentials:                      What You Need to Know About Risk,                      Screening, and Treatment"                      Tia Salvi-Jackson, M.D., M.S.,                      Kathy Trotter, DNP, CNM, FNP,                      and Kendra Modell Parrish, DO, FACS</p>		<p><b>Healthy Living</b>                      "Groove Theory — The Science of                      Joyful Movement"                      Olivia French</p>	<p><b>Healthy Living Education</b>                      "Cooking Demonstration:                      Living Well Starts With Eating Well"                      Marci Oliver, MBA, CEC, CEPC, CCE,                      and Kelli Wood, M.S., RD, LDN</p>
Transition to Next Session			
<p><b>Breakout Session</b>                      "Demystifying the Pelvic Floor:                      Anatomy, Function, and Care"                      Amber Cobia, PT, DPT, CLT</p>	<p><b>Healthy Living</b>                      "Small Space...Big Yield"                      Kareemah Abdusamad</p>	<p><b>Healthy Living</b>                      "A Tai Chi Primer"                      Benita Perkins, MBA</p>	

## Conference Agenda for Women's Health Awareness 2026

Time	Session	Room No.
8:00 a.m.	<b>On-Site Registration Begins</b>	Lobby
<b>Opening, Welcome, and Greetings</b>		
8:30 – 9:30 a.m.	<b>Posting of the Colors</b> Hillside High School JROTC Color Guard	Theater
	<b>Welcome</b> <b>Joan P. Packenham, Ph.D.</b> , Founder and Chair, Women's Health Awareness Program and Steering and Planning Committee; Director, Office of Human Research and Community Engagement, NIEHS, NIH	
	<b>"Let's Move"</b> <b>Willa Robinson Allen, M.P.H., M.A.Ed., MCHES</b> , Senior Public Health Educator, Health Promotion and Wellness, Program Manager, Durham County Department of Public Health	
	<b>Opening Remarks</b>	
	<b>Greetings</b> <b>Kyle Walsh, Ph.D.</b> , Director, NIEHS and National Toxicology Program, NIH, U.S. Department of Health and Human Services <b>Javiera Caballero</b> , Mayor Pro Tempore, City of Durham <b>Rodney Jenkins, Dr.P.H., MHA</b> , Director, Durham County Department of Public Health <b>Pamela Murphy Lewis, MBA</b> , Regional Director, South Atlantic Region, Delta Sigma Theta Sorority Inc. <b>Sonji Samuel, MBA, M.S.</b> , President, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc. <b>Angelique Stallings, B.S.</b> , Deputy Chief of Staff, North Carolina Central University	
9:30 – 9:50 a.m.	<b>Morning Break</b>	

## Conference Agenda for Women's Health Awareness 2026

Time	Session	Room No.
<p>9:50 – 11:25 a.m.</p>	<p><b>Keynote Session</b>  <i>"The Whole Journey: Advancing Women's Health at Every Stage of Life"</i></p> <p><b>Moderator: Deborah Holt Noel, M.A.</b>, Senior Producer, Black Issues Forum; Host and Feature Producer, North Carolina Weekend, PBS North Carolina</p> <p><b>Speakers:</b></p> <p><b>Leah Bressler, M.D., M.P.H.</b>, Dual Board-Certified Obstetrician-Gynecologist and Reproductive Endocrinologist and Infertility Specialist, Shady Grove Fertility Carolinas</p> <p><b>Cheryl Carroll, DNP, CNM, PMHNP-BC, PMHCNS-BC, CST</b>, Certified Nurse Midwife; Psychiatric Mental Health Clinical Nurse Specialist; StrongTower Counseling and Education, Practice Owner</p> <p><b>Susan K. Murphy, Ph.D.</b>, Associate Professor, Obstetrics and Gynecology; Chief, Division of Reproductive Sciences, Duke University School of Medicine</p> <p><b>Mariah Prince-Allen, DNP, FNP-BC</b>, Woman's Leadership and Retention Strategist; Founder, Telehealth for Her</p> <p><b>Session Chairs: Mariah Prince-Allen, DNP, FNP-BC</b>, Telehealth for Her; <b>Tara Owens Shuler, M.Ed., LCCE, CD(DONA)</b>, Branch Head Maternal Health Branch – Women, Infant, and Community Wellness Section, N.C. Department of Health and Human Services, Division of Public Health; <b>Joan P. Pakenham, Ph.D.</b>, Founder and Chair, Women's Health Awareness Program and Steering and Planning Committee; Director, Office of Human Research and Community Engagement, NIEHS, NIH</p> <p><b>Abstract:</b> Since 2015, this conference has championed a singular mission: advancing awareness of women's health across the lifespan. Women's health is not static it is a dynamic, evolving journey shaped by the intersecting forces of biology, behavior, environment, and aging, unfolding across adolescence, the reproductive years, perimenopause, and post menopause.</p> <p>Each stage represents a powerful window of opportunity where understanding predictable transitions can transform risk into prevention, symptoms into early detection, and care into a more holistic, lifespan-centered approach. Yet too often, these transitions are fragmented, misunderstood, or overlooked, with consequences for long-term health outcomes and quality of life.</p> <p>This keynote brings the full arc of women's health into focus. By empowering women with knowledge of what is normal, what is not, and what is possible, we can shift from reactive care to proactive, informed decision-making.</p> <p>Bringing together leading experts in gynecology, fertility, pregnancy, menopause, hormonal health, and longevity, this session offers a bold, multidisciplinary conversation on how to optimize health, extend vitality, and redefine what it means for women to thrive at every stage of life.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Identify key hormonal and biological transitions across the female lifespan and their relevance to clinical care and long-term health outcomes.</li> <li>• Describe how health needs and priorities evolve across different stages of a woman's life.</li> <li>• Apply evidence-based strategies to support health across different stages of a woman's life.</li> </ul>	<p>Theater</p>
<p>11:25 – 11:35 a.m.</p>	<p><b>Transition to Next Session</b></p>	

## Conference Agenda for Women’s Health Awareness 2026

Time	Session	Room No.
<p>11:35 a.m. – 12:20 p.m.</p>	<p><b>Cardiovascular Health Education</b>                      “The Heart of the Matter: What Every Woman Needs to Know About Heart Disease”</p> <p><b>Speaker: Chelsea Ngongang, M.D., FAAC</b>, Noninvasive Cardiologist, WakeMed Health and Hospitals</p> <p><b>Session Chair: Joan P. Pakenham, Ph.D.</b>, Founder and Chair, Women’s Health Awareness Program and Steering and Planning Committee; Director, Office of Human Research and Community Engagement, NIEHS, NIH</p> <p><b>Abstract:</b> Heart disease remains the leading cause of death in women, yet many women underestimate their personal risk and are unaware that cardiovascular disease often presents and develops differently than it does in men. This session will highlight why heart health must be a central part of women’s health across the lifespan.</p> <p>Attendees will learn about both traditional cardiovascular risk factors — including high blood pressure, elevated cholesterol, diabetes, smoking, and obesity — as well as nontraditional risk factors that uniquely affect women. These include pregnancy-related conditions, such as preeclampsia and gestational diabetes, autoimmune disease, early menopause, and chronic stress.</p> <p>The session will focus on empowering women with practical knowledge to take control of their cardiovascular health. Participants will learn the key numbers every woman should know, including blood pressure, cholesterol levels, hemoglobin A1c, weight, and waist circumference, and how these measurements help assess future heart disease risk.</p> <p>In addition, the talk will review evidence-based prevention strategies, such as healthy nutrition, physical activity, weight management, smoking cessation, medication management, and early risk identification through routine screening. The goal is to equip women with the tools to recognize risk early, advocate for their health, and make informed lifestyle choices that support lifelong cardiovascular wellness.</p> <p>By increasing awareness and understanding of cardiovascular risk, this session aims to help women take proactive steps to protect their hearts and reduce the burden of heart disease.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Identify traditional cardiovascular risk factors.</li> <li>• Describe nontraditional and female-specific cardiovascular risk factors.</li> <li>• Understand key health numbers every woman should know.</li> </ul>	<p><b>Media Center</b></p>

## Conference Agenda for Women's Health Awareness 2026

Time	Session	Room No.
<p><b>11:35 a.m. – 12:20 p.m.</b></p>	<p><b>Veteran's Health and Wellness</b>                      "Empowered Care: Navigating Women Veterans' Health at the VA"</p> <p><b>Speakers:</b> <b>Marie Stewart, LCSW</b>, Military Sexual Trauma Coordinator/Women's Health BHIP Team, Durham VA Health Care System, U.S. Department of Veterans Affairs; <b>Antonia Vincent, LCSW</b>, Community Engagement and Partnership Coordinator, CEP COMPACT ACT Coordinator, Durham VA Health Care System</p> <p><b>Session Chair:</b> <b>Alyshia Smith, DNP, RN, NEA-BC</b>, Medical Center Director, Durham VA Health Care System</p> <p><b>Abstract:</b> Women veterans deserve comprehensive, culturally sensitive, and trauma informed health care that honors their service and meets their unique needs. This session introduces participants to the full spectrum of women's health resources available through the Department of Veterans Affairs (VA), including primary care, reproductive health, mental health services, whole health supports, and specialty programs designed specifically for women. Attendees will gain an understanding of how the VA delivers coordinated, veteran centered services through designated women's health providers, women veterans program managers, and interdisciplinary care teams who prioritize accessibility, privacy, and continuity of care.</p> <p>In addition, the session will highlight two critical areas impacting women veterans: suicide prevention and military sexual trauma (MST). Participants will learn about the VA's evidence based suicide prevention strategies, crisis support pathways, and protective factors known to improve well-being. The presentation will also provide an overview of the VA's MST related care, which is available free of charge, regardless of when or where the trauma occurred, and does not require proof of service connection. By the end of the session, attendees will understand how to engage these resources, support women veterans in their communities, and promote a culture of informed advocacy. This session empowers women veterans, community partners, and supporters with the knowledge, tools, and pathways to care because every woman veteran deserves to feel seen, supported, and connected.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Identify women's health services available through the VA.</li> <li>• Describe the VA's approach to suicide prevention and the support available to veterans in crisis.</li> <li>• Explain MST and MST related services offered through the VA.</li> </ul>	<p><b>Room 124 (ROTC)</b></p>

# Conference Agenda for Women's Health Awareness 2026

Time	Session	Room No.
<p>11:35 a.m. – 12:20 p.m.</p>	<p><b>Diabetes Health Education</b>                      “Healthy Blood Sugar, Healthy You: A Practical Guide for Women”</p> <p><b>Speaker:</b> Neesha Namasingh, M.D., Fellow, Department of Medicine, Division of Endocrinology, Duke University School of Medicine</p> <p><b>Session Chair:</b> Susan Spratt, M.D., Associate Professor, Medicine; Assistant Professor, Department of Family Medicine and Community Health, Duke University School of Medicine</p> <p><b>Abstract:</b> Diabetes is one of the most common chronic health conditions affecting women today, yet many people are unsure what it means to have prediabetes or diabetes — or what steps can be taken to prevent or manage it. This session will provide a clear, accessible introduction to the basics of blood sugar health, with a focus on empowering women to understand their risk and take practical action.</p> <p>We will begin by defining prediabetes and diabetes, including how they are diagnosed and why early identification is important for long-term health. The session will then highlight key lifestyle and behavioral strategies that can improve blood sugar levels and reduce the risk of developing diabetes. This includes evidence-based guidance on nutrition, physical activity, sleep, stress management, and other holistic approaches that support metabolic health.</p> <p>Next, we will provide a brief overview of commonly used medications for diabetes, explaining how they work in simple terms and when they may be recommended. Finally, participants will learn about important laboratory tests used in diabetes care — such as hemoglobin A1c, lipid panels, basic metabolic panels, and liver function tests — and what these results can reveal about overall health.</p> <p>The goal of this session is to equip participants with a foundational understanding of diabetes and practical tools to support prevention, early detection, and effective management.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Define prediabetes and diabetes, and understand how they are diagnosed.</li> <li>• Identify key lifestyle strategies — including diet, physical activity, and stress management — that can help prevent or improve diabetes.</li> <li>• Recognize commonly used diabetes medications and understand, at a high level, how they help control blood sugar.</li> <li>• Interpret basic diabetes-related lab tests, including A1c, lipid panel, basic metabolic panel, and liver function tests.</li> </ul>	<p>Room 112A</p>
	<p><b>Healthy Living Session</b>                      “Dancing: Nourishing the Body Through Movement”</p> <p><b>Speaker:</b> Marvis Henderson-Daye, Ed.D., CEO, M.E. Henderson Inc.</p> <p><b>Abstract:</b> Dancing nourishes the body through movement and the soul through social interaction! Come join Marvis, your Chief Fun Officer, for an interactive workshop to engage your body and soul with a few of your closest friends (the strangers you meet in this workshop will quickly become your friends). Of all the dances, line dancing gives you the most freedom because you can modify the dances to fit your exercise level. If 2026 is the year for reunions and other special occasions, join this workshop. Get ready to shake, roll, and bounce.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Learn how dancing nourishes the body through movement and the soul through social interaction.</li> <li>• Understand how dancing fits your exercise level.</li> <li>• Learn that the steps are not as important as having fun.</li> </ul>	<p>Band Suite</p>

## Conference Agenda for Women's Health Awareness 2026

Time	Session	Room No.
12:20 –1:20 p.m	<b>Lunch Break — Lunch sponsored by Aramark Collegiate Hospitality and North Carolina Central University</b>	
1:20 – 2:05 p.m.	<p><b>Environmental Health Education</b>  <i>"Let's Talk About Water, Baby"</i></p> <p><b>Speakers:</b> <b>Kennedy Holt, MSPH</b>, Environmental Toxicologist, Public Health, Occupational, and Environmental Epidemiology, N.C. Department of Health and Human Services; <b>Crystal Lee Pow Jackson, Ph.D.</b>, Research Scientist, North Carolina Central University; <b>Nicole L. Snyder, Ph.D., M.P.H., M.A.S.</b>, North Carolina Wastewater Monitoring Network, Division of Public Health, N.C. Department of Health and Human Services</p> <p><b>Session Chair:</b> <b>Kim Gaetz, Ph.D., MSPH</b>, Health Specialist, Worker Training Program, National Institute of Environmental Health Sciences, National Institutes of Health</p> <p><b>Abstract:</b> This session will focus on the relationship between rural health, safe drinking water, fish consumption, waterborne contaminants, and women's health. Speakers will discuss the linkages between water sources, safe drinking water and fish consumption, and wastewater. Participants will learn strategies to ensure they and their families have clean water for drinking and cooking, and balance the risks and benefits of eating locally caught fish. Speakers will provide water testing and filtration guidance — grounded in science and public health best practices — to participants concerned about environmental contamination, including lead, PFAS, and other contaminants. This session will include information for private well owners and how to help them better understand actions to take after flooding or other natural disasters. Speakers will discuss the importance of wastewater monitoring for infectious disease, and exposure monitoring and its connections to workforce development in unemployed and underemployed communities, improving both occupational and community health.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Learn about the work being done to improve women's health in relation to water sanitation and environmental health.</li> <li>• Learn how to protect and test your water sources before and after a disaster.</li> <li>• Learn where to find resources, such as recreational water and fish consumption advisories.</li> <li>• Learn what wastewater monitoring is and how it is used as a tool to improve public health.</li> </ul>	Media Center
	<p><b>Cancer Health Education</b>  <i>"What Happens After Lung Cancer: Four Reasons for Hope"</i></p> <p><b>Speaker:</b> <b>Stacy Wentworth, M.D.</b>, Clinical Associate Professor, Radiation Oncology, Duke University School of Medicine</p> <p><b>Session Chair:</b> <b>LaSonia Melvin Barnett, M.A.</b>, Certified Community-Facing Navigator Lead, Duke Cancer Institute Community Outreach Engagement, Duke University School of Medicine</p> <p><b>Abstract:</b> "You have cancer." A diagnosis of lung cancer can be particularly difficult. Yet recent research has given us reasons to hope. In this session, we will discuss the general treatment for all stages of lung cancer and talk about why more patients are living longer after a lung cancer diagnosis.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Briefly review treatment options for stages I-IV lung cancer.</li> <li>• Explore new treatments that are giving patients hope after a lung cancer diagnosis.</li> <li>• Discuss financial and emotional resources for people dealing with lung cancer.</li> </ul>	Room 124 (ROTC)

## Conference Agenda for Women's Health Awareness 2026

Time	Session	Room No.
<p>1:20 – 2:05 p.m.</p>	<p><b>Breakout Session</b>                      “Our Blood Matters: What Individuals Need to Know About Sickle Cell Disease: A Panel Discussion With Sickle Cell Warriors”</p> <p><b>Speakers: Cheryl Brewer, Ph.D., MSN, RN</b>, Senior Nurse Scientist and Researcher, International Association of Sickle Cell Nurses and Professional Associates;  <b>Ingrid Barton</b>, Bridges Pointe Inc. Sickle Cell Agency</p> <p><b>Abstract:</b> People living with sickle cell disease (SCD) face ongoing health challenges that affect pain management, daily functioning, and overall well-being. While SCD impacts all genders, women often experience additional health considerations related to reproductive health, pregnancy, hormonal changes, and long-term wellness. Access to accurate information and supportive resources is essential for helping individuals with SCD make informed decisions about their care. This session will highlight current advancements in SCD management, including treatments such as hydroxyurea, emerging gene therapies, and pain management strategies. It will also explore the role of nutrition, mental health support, and patient advocacy in improving health outcomes — including reproductive and hormonal health considerations for women. Through an engaging and informative panel discussion, participants will gain practical knowledge about treatment options, lifestyle strategies, and ways to confidently navigate the health care system. Whether you are living with SCD, supporting someone who is, or seeking to learn more, this session will provide valuable insights and tools to help individuals take an active role in their health and SCD care journey.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Discuss the SCD overview and its impact with a focus on women’s health and well-being.</li> <li>• Explore advancements in SCD treatment.</li> <li>• Identify lifestyle strategies to improve health outcomes.</li> <li>• Explain ways to navigate the health care system and advocate for better care.</li> <li>• Recognize the role of community support and identify resources.</li> </ul>	<p><b>Room 112A</b></p>

## Conference Agenda for Women's Health Awareness 2026

Time	Session	Room No.
<p><b>1:20 – 2:05 p.m.</b></p>	<p><b>Healthy Living Session</b>                      “Restore and Recharge: Nervous System Calm for Women’s Health”</p> <p><b>Speaker: Ingrid Saddler-Walker, M.A., E-RYT 500/RCYT 95</b>, Founder/CEO, Wytha Balance Yoga–Counseling LLC</p> <p><b>Abstract:</b> In the midst of busy schedules, caregiving, work demands, and constant stimulation, women’s nervous systems are often operating in overdrive. Restore and Recharge is a gentle, accessible yoga experience designed to help regulate the nervous system, reduce stress, and replenish energy from the inside out.</p> <p>This session blends slow, mindful movement, supportive chair and mat-based postures, breathwork, and guided relaxation to activate the body’s natural relaxation response. Participants will explore simple, practical tools to calm the mind, ease physical tension, and restore steady, sustainable energy. They will be guided through restorative postures that encourage the body to shift out of “fight or flight” and into a state of ease. This practice emphasizes nervous system regulation, relaxation, and deep renewal — offering tools that can be carried beyond the mat into daily life.</p> <p>This session is ideal for all levels, and provides a supportive, safe, and welcoming space to pause, breathe, reconnect, and leave feeling grounded, centered, and renewed.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Learn about nervous system regulation and stress relief.</li> <li>• Learn about restorative movement for mind-body wellness.</li> <li>• Practice breath practices for stress and emotional balance.</li> <li>• Enjoy gentle stretches to release stored tension.</li> <li>• Enjoy increased calm, clarity, and grounded energy.</li> <li>• Gain a deeper understanding of rest as a powerful wellness tool.</li> </ul>	<p><b>Band Suite</b></p>
<p><b>2:05 – 2:15 p.m.</b></p>	<p><b>Transition to Next Session</b></p>	

## Conference Agenda for Women's Health Awareness 2026

Time	Session	Room No.
<p>2:15 – 3:00 p.m.</p>	<p><b>Behavioral Health Education</b>  <i>"Invisible Wounds, Silent Risk: Trauma, Stress, and the Female Heart"</i></p> <p><b>Speaker: Valerie Benedicta Idada-Parker, DNP, PMHNP-BC, FNP, LCAS,</b>                      Founder and President, Reliable Health Services Inc.</p> <p><b>Session Chair: Sharon Mosley, M.S., LCMHC,</b> Durham Alumnae Chapter,                      Delta Sigma Theta Sorority Inc.</p> <p><b>Abstract:</b> Trauma and chronic stress significantly affect women's physical and mental health, yet their impact on cardiovascular disease is often under-recognized in clinical and community settings. Research increasingly shows that adverse life experiences, unresolved trauma, and prolonged stress responses contribute to inflammation, unhealthy coping behaviors, and physiological changes that increase the risk of hypertension, heart disease, and other cardiovascular conditions.</p> <p>This session will explore the powerful connection between trauma, mental health, and cardiovascular health in women. Participants will gain insight into how trauma and chronic stress influence the body's neuroendocrine and cardiovascular systems, and how untreated mental health conditions can contribute to long-term medical complications. The presentation will also highlight the role of trauma-informed care in improving health outcomes, emphasizing early identification, integrated treatment approaches, and culturally responsive care.</p> <p>Drawing from clinical experience in primary care, psychiatry, and addiction treatment, Valerie Idada-Parker, DNP, will discuss practical strategies for recognizing trauma-related symptoms, addressing mental health concerns, and supporting women in building resilience and healthier lifestyles. The session will also emphasize the importance of holistic care — addressing the mind, body, and spirit — in preventing and managing cardiovascular disease.</p> <p>Participants will leave with a deeper understanding of the mind–heart connection and practical tools to support women in healing from trauma while improving their overall physical and emotional well-being.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Describe the relationship between trauma, chronic stress, and cardiovascular disease in women.</li> <li>• Identify common mental health conditions and trauma-related factors that contribute to cardiovascular risk.</li> <li>• Discuss the principles of trauma-informed care in the treatment of women with co-occurring mental and physical health conditions.</li> <li>• Apply holistic and integrated care strategies to support prevention and improved health outcomes in women.</li> </ul>	<p><b>Media Center</b></p>

## Conference Agenda for Women's Health Awareness 2026

Time	Session	Room No.
2:15 – 3:00 p.m.	<p><b>Breakout Session</b>                      "Effects of Family Caregiving on Women's Health"</p> <p><b>Speaker: Jennifer Link, MSW</b>, Aging Program Coordinator, Central Pines Regional Council Area Agency on Aging</p> <p><b>Abstract:</b> This presentation will identify the impacts of unpaid caregiving on a woman's health, offer explanations on why family caregiving disproportionately falls to female family members, discuss ways to mitigate negative health outcomes for female family caregivers, and highlight why equity in caregiving is critical for women as they enter older adulthood and why the intersectionality of gender and race needs particular attention.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Understand why women disproportionately find themselves in the role of an unpaid caregiver.</li> <li>• Understand specific health conditions that can arise and/or worsen as a direct result of engaging in family caregiving.</li> <li>• Increase knowledge on how to manage stressors from family caregiving.</li> <li>• Become aware of gender, race, and class issues related to caregiving that impact women throughout adulthood.</li> </ul>	Room 124 (ROTC)
	<p><b>Breast Health Education Session</b>                      "Breast Health Essentials: What You Need to Know About Risk, Screening, and Treatment"</p> <p><b>Speakers:</b></p> <ol style="list-style-type: none"> <li>1) <b>Tia Salvi-Jackson, M.D., M.S.</b>, Assistant Professor, Radiation Oncology, Duke Cancer Center</li> <li>2) <b>Kathy Trotter, DNP, CNM, FNP</b>, Associate Professor, Duke Breast Surgical Oncology</li> <li>3) <b>Kendra Modell Parrish, DO, FACS</b>, Breast Surgical Oncologist, Duke University</li> </ol> <p><b>Session Chair: E. Shelley Hwang, M.D., M.P.H.</b>, Mary and Deryl Hart Distinguished Professor of Surgery, Professor of Surgery, Duke University School of Medicine</p> <p><b>Overview:</b> This session covers advances in breast cancer, including safer and more personalized radiation treatments, key risk factors, and prevention, and the role of breast density in screening and risk. Participants will gain practical insights to support informed decisions and early detection.</p> <p><i>(continued on next page)</i></p>	Room 112A

## Conference Agenda for Women's Health Awareness 2026

Time	Session	Room No.
<p>2:15 – 3:00 p.m.</p>	<p><b>“Breast Cancer Radiation Today: Safer, Shorter, and More Personalized Than Ever”</b></p> <p><b>Speaker: Tia Salvi-Jackson, M.D., M.S.,</b> Assistant Professor, Radiation Oncology, Duke Cancer Center</p> <p><b>Abstract:</b> Breast cancer treatment has advanced significantly in recent years, with major improvements in surgery, systemic therapy, and radiation therapy. Radiation remains a critical part of breast-conserving treatment, helping reduce recurrence and improve long-term outcomes.</p> <p>Modern radiation therapy is now safer and more precise, using technologies that target areas at risk while protecting healthy organs, like the heart and lungs. Techniques such as deep inspiration breath hold (DIBH) and intensity-modulated radiation therapy (IMRT) further reduce exposure to normal tissues and lower the risk of side effects.</p> <p>In addition, shorter treatment schedules now allow many patients to complete therapy in as few as five sessions, improving convenience without compromising effectiveness. This presentation will highlight how these advances are enhancing safety, efficiency, and quality of life for patients.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Understand the role of radiation therapy in breast cancer treatment.</li> <li>• Identify modern radiation techniques that reduce treatment side effects.</li> <li>• Recognize how newer treatment schedules allow radiation therapy to be delivered in fewer treatments.</li> <li>• Describe how advances in radiation technology improve patient safety and quality of life.</li> </ul> <p><b>“Breast Cancer Risk Factors: How Can I Lessen My Risk?”</b></p> <p><b>Speaker: Kathy Trotter, DNP, CNM, FNP,</b> Associate Professor, Duke Breast Surgical Oncology</p> <p><b>Abstract:</b> This presentation will review our risks associated with breast cancer incidence — from being female in gender to family history to lifestyle activities, like exercise or smoking/vaping. Prevention data including early studies of GLP-1s, weight loss, and breast cancer will be included.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Review risk factors for breast cancer.</li> <li>• Discuss prevention efforts to improve breast cancer rates.</li> <li>• Discuss early evidence on GLP-1s and breast cancer.</li> </ul> <p><i>(continued on next page)</i></p>	<p><b>Room 112A</b></p>

## Conference Agenda for Women's Health Awareness 2026

Time	Session	Room No.
2:15 – 3:00 p.m.	<p><b>“What Is Breast Density and Should I Be Worried?”</b></p> <p><b>Speaker: Kendra Modell Parrish, DO, FACS</b>, Breast Surgical Oncologist, Duke University</p> <p><b>Abstract:</b> Many women hear the term “breast density” after a mammogram but are unsure what it means or why it matters. In this talk, Kendra Modell Parrish, DO, FACS, will explain breast density in clear, everyday language. She will describe how radiologists determine breast density using mammograms and what it means to have “dense” or “non-dense” breasts. The discussion will also review how breast density can slightly increase a woman’s risk of developing breast cancer and why dense tissue can make cancer harder to see on standard mammograms. Finally, she will explore how breast density may affect breast cancer screening, including when additional imaging, such as an ultrasound or MRI, may be recommended. The goal of this presentation is to empower women with practical knowledge, reduce fear and confusion, and help attendees feel more confident asking questions and making informed decisions about their breast health and cancer screening.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Learn how radiologists determine breast density.</li> <li>• Understand the connection between breast density and future risk for breast cancer.</li> <li>• Explore how breast density can impact breast cancer screening recommendations.</li> </ul>	Room 112A
	<p><b>Healthy Living Session</b></p> <p><b>“Groove Theory — The Science of Joyful Movement”</b></p> <p><b>Speaker: Olivia French</b>, Founder and Lead Instructor, Liv Fit Groove LLC</p> <p><b>Abstract:</b> What happens to your heart, muscles, and brain when you move to music? Groove Theory explores the science behind dance-based fitness and why joyful movement is one of the most sustainable approaches to wellness.</p> <p>This session breaks down how rhythmic cardio improves cardiovascular endurance, coordination, and muscular engagement while also stimulating endorphin release, reducing stress, and supporting mood regulation. Participants will gain insight into the physiological and neurological benefits of music-driven exercise before transitioning into a 10-minute, low- to moderate-intensity Zumba experience.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Understand how dance-based movement benefits the heart, muscles, and overall physical health.</li> <li>• Recognize how music and rhythm can reduce stress and improve mood.</li> <li>• Identify simple ways to incorporate joyful, low-impact movement into daily life.</li> <li>• Participate in safe, accessible dance movements designed for various mobility levels.</li> </ul>	Band Suite

## Conference Agenda for Women's Health Awareness 2026

Time	Session	Room No.
2:15 – 3:00 p.m.	<p><b>Healthy Living Education</b>                      Cooking Demonstration: "Living Well Starts With Eating Well"</p> <p><b>Speakers:</b> <b>Marci Oliver, MBA, CEC, CEPC, CCE</b>, Catering Chef and Instructor, Aramark Collegiate Hospitality; <b>Kelli Wood, M.S., RD, LDN</b>, Regional Registered Dietician, Aramark Collegiate Hospitality</p> <p><b>Abstract:</b> This demonstration will teach participants how to make a quick, healthy dish that meets their daily nutritional needs.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Learn daily food groups for healthy, nutritious meals.</li> </ul>	Cafeteria
3:00 – 3:10 p.m.	<b>Transition to Next Session</b>	
3:10 – 3:55 p.m.	<p><b>Breakout Session</b>                      "The Many Faces of Sarcoidosis"</p> <p><b>Speakers:</b> <b>Stephen Tilley, M.D.</b>, Department of Medicine, UNC School of Medicine; <b>Ogugua Ndili Obi, M.D., M.P.H., M.Sc.</b>, Director, East Carolina University (ECU) Sarcoidosis Center; Director, Medical Intensive Care Unit, ECU Health Medical Center; Associate Professor, ECU</p> <p><b>Abstract:</b> Sarcoidosis is an inflammatory disease that affects all ethnic groups, but is most prevalent in Black females. The prevalence of this condition is similar to lupus, but time to diagnosis is prolonged due to the many different ways in which sarcoidosis can present. While the causes of sarcoidosis have not been fully determined, environmental exposures to particulate matter coupled with a genetic predisposition may play a role. The lungs, skin, and eyes are the most common organs affected. Sarcoidosis can resolve spontaneously in some patients, while others may need treatment. Steroids are effective at treating sarcoidosis; however, given their long-term side effects, steroid-sparing therapies are now being used more frequently. Since sarcoidosis can affect more than one organ, multidisciplinary teams and dedicated sarcoidosis clinics have been established to address the needs of patients with sarcoidosis.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Understand the different ways sarcoidosis can present in the body.</li> <li>• Appreciate steroid-sparing alternatives that can be used if treatment is necessary.</li> <li>• Learn how to navigate the health care system to get care for sarcoidosis.</li> </ul>	Media Center

## Conference Agenda for Women's Health Awareness 2026

Time	Session	Room No.
	<p><b>Breakout Session</b>  <i>"Love Shouldn't Hurt: Understanding the Dynamics of Domestic Violence"</i></p> <p><b>Speaker: Rhonda B. Powell</b>, Victim Advocate, Raleigh Police Department</p> <p><b>Session Chair: Sharon Beard</b>, Director and Branch Chief, Worker Training Program, National Institute of Environmental Health Sciences, NIH; Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.</p> <p><b>Abstract:</b> This presentation will provide a brief but meaningful overview of the different forms of domestic violence and how it affects individuals, families, and communities. Hopefully, this domestic violence session will raise awareness, challenge the misconceptions that abuse is a sign of love, and empower participants to recognize warning signs, where to go to seek help, and promote healthy, respectful, and violence-free relationships. This seminar will also spotlight a domestic violence survivor's personal journey, which will be a story of survival, courage, and hope.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Define what domestic violence is.</li> <li>• Learn to recognize the red flags/signs that you may be in an abusive relationship.</li> <li>• Know where to turn to get help for yourself, a friend, or family member.</li> <li>• Learn the difference between a healthy relationship verses an unhealthy one.</li> </ul>	<p><b>Room 124 (ROTC)</b></p>
<p><b>3:10 – 3:55 p.m.</b></p>	<p><b>Breakout Session</b>  <i>"Demystifying the Pelvic Floor: Anatomy, Function, and Care"</i></p> <p><b>Speaker: Amber Cobia, PT, DPT, CLT</b>, Women's Health Physical Therapist, UNC Health</p> <p><b>Session Chair: Taren Vaughn, PT, DPT, M.S.</b>, Physical Therapist, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.</p> <p><b>Abstract:</b> Pelvic floor dysfunction is a common, yet often underdiagnosed, issue impacting both men and women, with symptoms ranging from urinary/fecal incontinence to chronic pelvic pain and sexual dysfunction. This presentation introduces the role of specialized pelvic floor physical therapy as a treatment option. Attendees will learn the fundamental anatomy of the pelvic floor, the common causes of impairment, and how targeted interventions — including manual therapy, education, and exercise — can improve muscular strength, endurance, and coordination. The session will highlight how pelvic floor physical therapy can restore quality of life.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Define the role of a pelvic health physical therapist and the scope of pelvic floor rehabilitation.</li> <li>• Identify the primary muscles, layers, and functions of the pelvic floor.</li> <li>• Recognize common signs and symptoms of pelvic floor dysfunction, including urinary/fecal incontinence, constipation, pelvic organ prolapse, and pelvic pain.</li> <li>• Describe the components of a typical pelvic health physical therapy evaluation, including history intake, musculoskeletal assessment, and pelvic assessment.</li> <li>• Outline evidence-based treatment interventions, such as biofeedback, manual therapy, therapeutic exercise, and behavioral modifications.</li> </ul>	<p><b>Room 112A</b></p>

## Conference Agenda for Women's Health Awareness 2026

Time	Session	Room No.
<p><b>3:10 – 3:55 p.m.</b></p>	<p><b>Healthy Living Session</b>                      "Small Space...Big Yield"</p> <p><b>Speaker: Kareemah Abdusamad</b>, Certified Master Gardener</p> <p><b>Abstract:</b> The desire to garden is often hampered by the thought of not having enough space or the right location. If these are your worries, put them aside. Container gardening is for you. Container gardening allows you to plant and grow in the smallest spaces available: a patio, balcony, or a limited space around your house. In large pots, you can grow large amounts of lettuces, peppers, tomatoes, and herbs — actually almost anything with the right seeds, including dwarf fruit trees and berries. In one 4-foot-by-4-foot raised bed alone, the possibilities are endless. Let's not hesitate and get about digging into the soil.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Learn how to make a plan for growing in containers.</li> <li>• Explore the health benefits of gardening.</li> <li>• Hear tips for the first time gardener.</li> <li>• Learn about readily available resources in the area.</li> </ul>	<p><b>Room 119</b></p>
	<p><b>Healthy Living Session</b>                      "A Tai Chi Primer"</p> <p><b>Speaker: Benita Perkins, MBA</b>, Director, Benniegirl Healthy Lifestyle Branding and Communication Inc.; Certified Fitness and Personal Training Instructor, Athletic and Fitness Association of America</p> <p><b>Abstract:</b> This session provides a background on the origin of tai chi, its health benefits, and a movement segment to relax and inspire you.</p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Learn about the origins of tai chi.</li> <li>• Discover the health benefits of tai chi and qigong.</li> <li>• Participate in some basic tai chi moves.</li> </ul>	<p><b>Band Suite</b></p>

## All-Day Health Screenings and Services (10:30 a.m. – 4:30 p.m.)

Health Screening	Room Number	Sponsor
<ul style="list-style-type: none"> <li>• Breast and Cervical Health Education</li> <li>• Breast Cancer and Cervical Cancer Prevention Program (BCCCP) Sign-Up</li> <li>• Mammogram Appointment Check-In</li> </ul>	Room 116	Duke Cancer Institute Sisters Network Triangle NC N.C. Department of Health and Human Services, Breast Cancer and Cervical Cancer Prevention Program
<ul style="list-style-type: none"> <li>• Cancer Screenings</li> <li>• Colorectal Cancer</li> <li>• Skin Cancer</li> </ul>	Room 114A	Duke Cancer Institute Duke Gastroenterology Duke Dermatology
<ul style="list-style-type: none"> <li>• Cancer Screenings</li> <li>• Oral, Head, and Neck Cancer</li> <li>• Lung Cancer Risk Assessments</li> <li>• Smoking and Vaping Cessation Screening and Education</li> </ul>	Room 114	Duke Cancer Institute Duke Raleigh Duke Smoking Cessation Program Lung Cancer Initiative
Cardiovascular Education and Screening	Room 104	North Carolina Central University Department of Nursing North Carolina A&T University School of Nursing
Community Resiliency, Environmental Action, and Collaborations for Health (REACH) Study Sign-Up	Room 122	Joan P. Packenham, Ph.D., Office of Human Research and Community Engagement, National Institute of Environmental Health Sciences
Dental Screenings	Room 110	Durham County Department of Public Health Lincoln Community Health Center
Diabetes Screenings	Room 118	Duke University Health System National Institute of Environmental Health Sciences
First Aid Room (on-site medical assistance) Cardiopulmonary Resuscitation (CPR) Training	Room 117	Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc. Phi Chapter, Chi Eta Phi Nursing Sorority Inc. Durham County Department of Public Health
Glaucoma Screening	Room 120	Thomas Hunter, M.D., Duke Eye Center, Duke University Health System Jamie Karl and Symon Ma – Ophthalmology Interest Group for Duke Medical Students
Hearing Screening	Room 103	Division of Services for the Deaf and the Hard of Hearing, N.C. Department of Health and Human Services

## All-Day Health Screenings and Services (10:30 a.m. – 4:30 p.m.)

Health Screening	Room Number	Sponsor
HIV and STI Screenings	Room 108	Durham County Department of Public Health
HIV and STI Registration/ Resources	Room 110A	
Immunization: COVID-19 Immunization, Measles, STI, and PrEP Education	Room 106	
Kidney Function Testing	Room 113	UNC Kidney Center Duke Primary Service Alliance Students
Liver Disease Screening Study	Room 109	Duke University Health System, Gastroenterology- Hepatology Clinical Research Unit
Mental Health Awareness and Education Coping With Grief and Loss Thriving Within	Room 107	Adeirdre Stribling Riley, Ph.D., Clinical Psychologist; Member of Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.
Mindfulness Meditation (New session at the top of every hour) <b>Drums to Reduce Stress</b> – Willa Robinson Allen <b>Crystal Singing Bowls</b> – Letitia Johnson-Arnold <b>Aromatherapy Hand Massages</b> – Angie Ceroli <b>New Beginnings Mindfulness</b> – Stephanie Humphrey <b>Scripture Meditation</b> – Stephanie Humphrey	Room 105	Willa Robinson Allen, M.P.H., M.A.Ed., MCHES Letitia Johnson-Arnold, M.S., Ed.D, CHES, NBC-HWC, CHWI Stephanie Humphrey, M.Ed. (Be Well Connection) Angie Ceroli, doTERRA Wellness Advocate
On-Site Breast Mammography (Pre-Event Registration Required)	Outside (Front Parking Lot)	Invision Diagnostics Mobile 3D Mammography Donna Bernstein Duke Cancer Institute Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc.
On-Site Mobile Veteran Clinic	Outside (Front Parking Lot)	Raleigh Vet Center Director Readjustment Counseling Service U.S. Department of Veterans Affairs
<b>Express Checks</b>		
Blood Pressure and Rapid Glucose Checks	Screening Hallway	Community Health Coalition Inc.
Organ Donation		



**Concientización  
sobre la Salud de la Mujer 2026**

Agenda en un vistazo

## Agenda en un vistazo

Hora(s)	Teatro	Centro de Medios	Aula 124 (ROTC)
8:30 – 9:30 a.m.	<p><b>Izamiento de los Colores</b></p> <p><b>Bienvenida</b> Joan P. Packenham, Ph.D.</p> <p><b>“¡Vamos a Movernos!”</b> Willa Robinson Allen, M.P.H., M.A.Ed., MCHES</p> <p><b>Saludos</b> Kyle Walsh, Ph.D. Javiera Caballero Rodney Jenkins, Dr.P.H., MHA Pamela Murphy Lewis, MBA Sonji Samuel, MBA, M.S. Angelique Stallings, B.S.</p>		
9:30 – 9:50 a.m.	<b>Pausa Matutina</b>		
9:50 – 11:25 a.m.	<p><b>Discurso Principal</b></p> <p>“La Trayectoria Completa: Avanzando la salud de las mujeres en cada etapa de la vida.” Moderador: Deborah Holt Noel, M.A.</p> <p>Leah Bressler, M.D., M.P.H., Cheryl Carrol, DNP, CNM, PMHNP-BC, PMHCNS-BC, CST, CNM, Susan Murphy, Ph.D., y Mariah Prince-Allen, DNP, FNP-BC</p>		
11:25 – 11:35 a.m.	<b>Transición a la Siguiente Sesión</b>		
11:35 a.m. – 12:20 p.m.		<p><b>Salud Cardiovascular</b></p> <p>“El Corazón del Asunto: Lo que toda mujer necesita saber sobre las enfermedades del corazón” Chelsea Ngongang, M.D., FACC</p>	<p><b>Panel de Salud del Veterano</b></p> <p>“Cuidado Empoderado: Navegando la salud de mujeres veteranas en el VA” Marie Stewart, LCSW, y Antonia Vincent, LCSW</p>
12:20 – 1:20 p.m.	<b>Almuerzo - Patrocinado por Hospitalidad Universitaria Aramark y la Universidad Central de Carolina del Norte</b>		
1:20 – 2:05 p.m.		<p><b>Educación en Salud Ambiental</b></p> <p>“Hablemos del agua, bebé” Moderador: Kim Gaetz, Ph.D.</p> <p>Kennedy Holt, MSPH, Crystal Lee Pow Jackson, Ph.D., y Nicole Snyder, Ph.D., M.P.H., M.A.S.</p>	<p><b>Educación Sobre la Salud del Cáncer</b></p> <p>“Qué sucede después del cáncer de pulmón: Cuatro razones para tener esperanza” Stacy Wentworth, M.D.</p>
2:05 – 2:15 p.m.	<b>Transición a la Siguiente Sesión</b>		
2:15 – 3:00 p.m.		<p><b>Educación en Salud Conductual</b></p> <p>“Heridas Invisibles, Riesgo Silencioso: Trauma, estrés y el corazón femenino” Valerie Benedicta Idada-Parker, DNP, PMHNP-BC, FNP, LCAS</p>	<p><b>Sesión Grupal</b></p> <p>“Efectos del cuidado familiar en la salud de las mujeres” Jennifer Link, MSW</p>
3:00 – 3:10 p.m.	<b>Transición a la Siguiente Sesión</b>		
3:10 – 3:55 p.m.		<p><b>Sesión Grupal</b></p> <p>“Las múltiples caras del sarcoidosis” Stephen Tilley, M.D., y Ogugua Ndili Obi, M.D., M.P.H., M.Sc.</p>	<p><b>Sesión Grupal</b></p> <p>“El amor no debería doler: Comprendiendo las dinámicas de la violencia doméstica” Rhonda B. Powell</p>
<b>Exámenes de Salud 10:30 a.m. – 4:30 p.m.   Recursos de Exhibidores 10:30 a.m. – 4:30 p.m.</b>			
4:30 – 4:45 p.m.		<b>Cierre</b>	

## Agenda en un vistazo

Aula 112A	Aula 119	Suite de Banda	Cafetería
Pausa Matutina			
Transición a la Siguiente Sesión			
<b>Educación Para la Salud de Diabetes</b> "Azúcar en la Sangre, Tú Saludable: Una guía práctica para mujeres" Neesha Namasingh, M.D.		<b>Vida Saludable</b> "Bailando y nutriendo el cuerpo a través del movimiento" Marvis Henderson-Daye, Ed.D.	
Almuerzo - Patrocinado por Hospitalidad Universitaria Aramark y la Universidad Central de Carolina del Norte			
<b>Sesión Grupal</b> "Nuestra Sangre Importa: Lo que las personas necesitan saber sobre la enfermedad de células falciformes; Una mesa redonda con guerreros de células falciformes" Cheryl Brewer, Ph.D., MSN, RN, y Ingrid Barton		<b>Vida Saludable</b> "Restaurar y Recargar: Calmando el sistema nervioso para mejorar la salud de la mujer" Ingrid Saddler-Walker, M.A., E-RYT 500/RCYT 95	
Transición a la Siguiente Sesión			
<b>Salud del Mama</b> "Esenciales de la Salud Mamaria: Lo que necesitas saber sobre riesgo, detección y tratamiento" Tia Salvi-Jackson, M.D., M.S., Kathy Trotter, DNP, CNM, FNP, y Kendra Modell Parrish, DO, FACS		<b>Vida Saludable</b> "Teoría del Ritmo — La ciencia del movimiento alegre" Olivia French	<b>Educación en Vida Saludable</b> "Demostración de cocina: Vivir bien comienza con comer bien" Marci Oliver, MBA, CEC, CEPC, CCE, y Kelli Wood, M.S., RD, LDN
Transición a la Siguiente Sesión			
<b>Sesión Grupal</b> "Desmitificando el suelo pélvico: Anatomía, función y cuidado" Amber Cobia, PT, DPT, CLT	<b>Vida Saludable</b> "Espacio pequeño... gran rendimiento" Kareemah Abdusamad	<b>Vida Saludable</b> "Un manual de Tai Chi" Benita Perkins, MBA	

## Exámenes de salud y servicios durante todo el día (10:30 a.m. – 4:30 p.m.)

Exámenes de Salud	Sala	Patrocinador
<ul style="list-style-type: none"> <li>• Educación sobre la salud mamaria y cervical</li> <li>• Inscripción al Programa de Prevención del Cáncer de Mama y el Cáncer de Cuello Uterino</li> <li>• Registro de citas para mamografías</li> </ul>	116	Departamento de Salud y Servicios Humanos de Carolina del Norte Instituto de Cáncer de Duke La Red de Hermanas del Triángulo NC
<ul style="list-style-type: none"> <li>• Exámenes de detección de cáncer Colorectal y de Piel</li> </ul>	114A	Instituto de Cáncer de Duke Departamento de Gastroenterología de Duke Departamento de dermatología de Duke
<ul style="list-style-type: none"> <li>• Exámenes de detección de cáncer (Pulmón, Oral, Cabeza, Cuello)</li> <li>• Detección y educación para dejar de fumar y vapear</li> </ul>	114	Instituto de Cáncer de Duke Duke Raleigh Programa de Dejar de Fumar de Duke Iniciativa contra el cáncer de pulmón
Examen Cardiovascular	104	Escuela de Enfermería de la Universidad Central de Carolina del Norte Escuela de Enfermería de la Universidad A&T de Carolina del Norte
Inscripción en el estudio de Equidad sobre Resiliencia Comunitaria, Acción Ambiental y Colaboraciones para la Salud (REACH)	122	Joan P. Packenham, Ph.D., Oficina de Investigación Humana y Participación Comunitaria, Instituto Nacional de Ciencias de la Salud Ambiental
Exámenes Dentales	110	Departamento de Salud Pública del Condado de Durham Centro de Salud de Comunidad de Lincoln
Exámenes de Detección de Diabetes	118	Sistema de Salud de la Universidad de Duke Instituto Nacional de Ciencias de la Salud Ambiental
Primeros Auxilios	117	Capítulo de Alumnas de Durham de Delta Sigma Theta Sorority Inc. Capítulo de Alumnas de Durham de Chi Eta Phi Enfermería Sorority Inc. Departamento de Salud Pública del Condado de Durham
Detección de Glaucoma	120	Thomas Hunter, M. D., Duke Eye Center, Sistema de Salud de la Universidad de Duke Jamie Karl y Symon Ma, Grupo de Interés Oftalmólogo para Estudiantes de Medicina de Duke
Examen de Audición	103	División de Servicios para Sordos y Personas con Dificultades Auditivas, Departamento de Salud y Servicios Humanos de Carolina del Norte

## Exámenes de salud y servicios durante todo el día (10:30 a.m. – 4:30 p.m.)

Exámenes de Salud	Sala	Patrocinador
Pruebas de detección del VIH y de las infecciones de transmisión sexual (ITS)	108	Departamento de Salud Pública del Condado de Durham
Registro y recursos sobre el VIH y las ITS	110A	
Inmunización COVID-19, STI y Educación sobre PrEP	106	
Pruebas de Función Renal	113	Centro del Riñón de la Universidad de Carolina del Norte (UNC) Estudiantes de la Alianza de Servicios Primarios de Duke
Estudio de Pruebas de Función de Hígado	109	Unidad de Sistema de Salud de la Universidad de Duke, Gastroenterología-Hepatología Unidad de investigación Clínica
Detección Temprana de Salud Mental y Examen de Depresión y Alzheimer's	107	Adeirdre Stribling Riley, Ph.D., psicóloga clínica; miembro del Capítulo de Alumnas de Durham de Delta Sigma Theta Sorority Inc.
Meditación (Nueva sesión al final de cada hora) <b>Tambores para reducir el estrés</b> – Willa Robinson Allen <b>Cuencos cantores de cristal</b> – Letitia Johnson-Arnold <b>Masajes de manos con aromaterapia</b> – Angie Ceroli <b>Mindfulness “Nuevos comienzos”</b> – Stephanie Humphrey <b>Meditación con las Escrituras</b> – Stephanie Humphrey	105	Willa Robinson Allen, M.P.H., M.A.Ed., MCHES Letitia Johnson-Arnold, M.S., Ed.D, CHES, NBC-HWC, CHWI Stephanie Humphrey, M.Ed. (Be Well Connection) Angie Ceroli, doTERRA defensora del bienestar
Mamografía de mama in situ (se requiere registro previo al evento)	Afuera en el estacionamiento principal	Mamografía 3D móvil de Invision Diagnostics Donna Bernstein Instituto de Cáncer de Duke Capítulo de Alumnas de Durham de Delta Sigma Theta Sorority Inc.
Clínica móvil para veteranos en el lugar	Afuera en el estacionamiento principal	Director del Centro para Veteranos de Raleigh Servicio de Consejería de Reajuste Departamento de Asuntos de Veteranos de los Estados Unidos
<b>Cheques exprés</b>		
Prueba rápida de Glucosa y Presión Arterial	Pasillo de Exámenes	Coalición de Salud Comunitaria Inc.
Registro de Donación de Órganos		



# **Women's Health Awareness 2026**

Research Study Booths



Women's Health Awareness  
Community REACH Study

# Women's Health Awareness

## Community Resiliency, Environmental Action, and Collaborations for Health (REACH) Study

### Empower, Connect, Engage, and Advocate to Create Positive Change for Your Community!

This research study seeks to understand the long-term impacts of the COVID-19 pandemic on minority women and their families to assist in developing community-based programs for recovery and resiliency. A COVID-19 diagnosis is not required. By participating in all study activities, you may receive up to \$165.

#### Who can participate?

- Females who are African American or Black, Hispanic or Latina, American Indian or Alaskan Native, Asian American, Native Hawaiian, or other Pacific Islander.
- Aged 18 years or older.
- Reside in North Carolina.



#### What is required?

Completing a 45-minute survey and providing a photo ID is all that is required.

Participants may choose to participate in, and be paid for, additional activities, including:

- Collection of urine, household dust, saliva, or toenail clippings.
- Wearing a silicone wristband for up to a week.
- Completing a 15-minute reproductive health survey.
- Participating in a one-hour clinic visit that includes a blood draw and vital signs.

#### Who is running the study?

A team, led by Joan Packerham, Ph.D., at the National Institute of Environmental Health Sciences in Research Triangle Park, North Carolina.

#### For more information about the study:

- Call 919-541-3852.
- Email [NIEHSReachStudy@niehs.nih.gov](mailto:NIEHSReachStudy@niehs.nih.gov).
- Visit our website at <https://joinastudy.niehs.nih.gov/studies/reach>.



February 2025



# Personalized Environment and Genes Study (PEGS)

Powerful science for integrating genomic and environmental data to understand human health

## Join PEGS to help scientists improve the prevention and treatment of diseases

The Personalized Environment and Genes Study (PEGS) collects health, exposure, medical, and genetic data to discover how the environment and genes affect our health.

### Who can participate?

- Adults living in North Carolina.

### What is required?

- Blood and urine samples.
- Optional samples may be requested and include stool, saliva, dust in your home, and others.
- Completion of surveys to answer questions about your health, diet, lifestyle, and environmental exposures.
- Periodically complete recontact surveys to update your information.

### Why should I join?

By joining this study, you may help scientists:

- Find genetic and environmental factors that increase our risk of various diseases such as diabetes, heart disease, allergies, asthma, cancer, and many others.
- Better understand the causes of various diseases.
- Find better ways to prevent diseases.
- Compensation is provided based on the surveys completed and samples collected.

### Who is running the study?

The study is led by Lawrence Kirschner, M.D., Ph.D., and Alison Motsinger-Reif, Ph.D., at the National Institute of Environmental Health Sciences Clinical Research Unit in Research Triangle Park, North Carolina.

### For information about this study:

- Call 1-855-MYNIEHS (1-855-696-4347).
- Email [myniehs@niehs.nih.gov](mailto:myniehs@niehs.nih.gov).
- Visit our website at <https://joinastudy.niehs.nih.gov/studies/pegs>.



# Investigational Trial: Interstitial Lung Disease

This research study will evaluate an investigational medication called hycromomone to see if it can help people with interstitial lung disease or idiopathic pulmonary fibrosis (IPF). Medications that stop or reverse the progression of lung fibrosis are urgently needed. This research will determine if hycromomone can treat lung fibrosis by lowering hyaluronan levels.



### Who can participate?

- Men or women with a diagnosis of interstitial lung disease.
- Not currently on supplemental oxygen, waiting for a lung transplantation, or in another treatment study for interstitial lung disease.
- Not currently diagnosed with cirrhosis, viral or non-viral hepatitis, or inflammatory bowel disease.

### What is required?

- Seven visits over a five-month period.
- Taking study medication for a three-month period.
- Providing a blood sample, answering questionnaires, completing medication diary.
- Study procedures including lung function, heart, exercise, and resting tests.
- Compensation is provided after each visit.

### Who is running the study?

A team, led by lung doctor, Stavros Garantzios, M.D., at the National Institute of Environmental Health Sciences Clinical Research Unit in Research Triangle Park, North Carolina.

### For more information:

- Call 1-855-MYNIEHS (1-855-696-4347).
- Email [myniehs@niehs.nih.gov](mailto:myniehs@niehs.nih.gov).
- Visit our website at [joinastudy.niehs.nih.gov/studies](https://joinastudy.niehs.nih.gov/studies).





# Demystifying a Girl's First Period

Help your daughters prepare for puberty by enrolling them in a new study called A Girl's First Period — Why Is It So Unpredictable?

## Who can participate?

- Girls 8-14 years old.
- Have some breast development.

## What is required?

- Parent or guardian must consent for the study, and a parent or guardian must be present at all study visits.
- An initial screening visit at the Clinical Research Unit, with occasional visits every six months.
- Finger prick and urine tests to measure hormones.
- Ultrasounds of the abdomen to look at the ovaries and uterus.

## What are the advantages for participants?

- Quick and easy tracking of menstrual cycles.
- Educational materials.
- Health assessment and consultation with a female pediatrician.
- Compensation for participants after completing each set of visits.

## Who is running the study?

- A team, led by pediatrician and hormone specialist Natalie Shaw, M.D., at the National Institute of Environmental Health Sciences Clinical Research Unit in Research Triangle Park, North Carolina.

## For information about this study, parents may:

- Call 1-855-MYNIEHS (1-855-696-4347).
- Email [myniehs@niehs.nih.gov](mailto:myniehs@niehs.nih.gov).
- Visit our website at <https://www.niehs.nih.gov/firstperiod>.



October 2024

# Teenage Menstrual Health Study

## Part of the Demystifying a Girl's First Period Study

What's a normal period and what's not? Researchers will evaluate the menstrual cycles and reproductive health of teenagers compared to adult women.



### Who can participate?

- Girls 11-17 years old.
- Have had their period for more than two years and less than five years.

### What is required?

- An initial visit at the Clinical Research Unit, with a follow-up visit every six months until 18 years old.
- Parents or guardians must consent for the study, and a parent or guardian must be present at all study visits.
- Oral glucose tolerance test to measure how well the body can break down sugars.
- Finger prick and urine tests to measure hormones.
- Ultrasounds of the abdomen to look at the ovaries and uterus.
- Some test results will be provided.
- Study participants will be paid \$150 for the initial visit. Additional compensation will be paid for follow-up visits.

### Who is running the study?

A team, led by pediatrician and hormone specialist Natalie Shaw, M.D., at the National Institute of Environmental Health Sciences Clinical Research Unit.

### For more information:

- Call 1-855-MYNIEHS (1-855-696-4347).
- Email [myniehs@niehs.nih.gov](mailto:myniehs@niehs.nih.gov).
- Visit our website at [joinastudy.niehs.nih.gov/studies/teenage-health](https://joinastudy.niehs.nih.gov/studies/teenage-health).



March 2024

National Institutes of Health • U.S. Department of Health and Human Services

# Women's Reproductive Health Study

## Part of the Demystifying a Girl's First Period Study

This two-month study is recruiting women with polycystic ovary syndrome (PCOS), a condition characterized by infrequent or prolonged menstrual periods or the production of abnormal amounts of male hormones. The information we learn may help us understand how to detect signs of hormone problems and prevent reproductive health disorders in women.



### Who can participate?

- Women ages 18-34.
- PCOS diagnosis.
- No current hormonal medication use.

### What is required?

- One screening visit to donate blood and urine and answer medical questionnaires.
- Pelvic ultrasound test.
- Body composition measurement.
- Daily urine tests to measure hormones.
- Medical records to confirm PCOS diagnosis.
- Participants compensated up to \$350.

### Who is running the study?

A team, led by pediatrician and hormone specialist Natalie Shaw, M.D., at the National Institute of Environmental Health Sciences Clinical Research Unit in Research Triangle Park, North Carolina.

### For more information:

- Call 1-855-MYNIEHS (1-855-696-4347).
- Email [myniehs@niehs.nih.gov](mailto:myniehs@niehs.nih.gov).
- Visit our website at [joinastudy.niehs.nih.gov/studies/womens-reproductive](https://joinastudy.niehs.nih.gov/studies/womens-reproductive).



May 2023

National Institutes of Health • U.S. Department of Health and Human Services



# **Women's Health Awareness 2026**

Distinguished WHA Faculty

## Distinguished WHA Faculty



**Kareemah Abdusamad**  
*Certified Master Gardener*



**Olivia French**  
*Founder and Lead Instructor,  
Liv Fit Groove LLC*



**Ingrid Barton**  
*Bridges Pointe Inc. Sickle Cell Agency*



**Marvis Henderson-Daye, Ed.D.**  
*CEO, M.E. Henderson Inc.*



**Leah Bressler, M.D., M.P.H.**  
*Dual Board-Certified Obstetrician-Gynecologist and Reproductive Endocrinologist and Infertility Specialist, Shady Grove Fertility Carolinas*



**Kennedy Holt, MSPH**  
*Environmental Toxicologist, Public Health, Occupational, and Environmental Epidemiology, N.C. Department of Health and Human Services*



**Cheryl Brewer, Ph.D., RN, MSN**  
*Senior Nurse Scientist and Researcher, International Association of Sickle Cell Nurses and Professional Associates*



**Valerie Benedicta Idada-Parker, DNP, PMHNP-BC, FNP, LCAS**  
*Founder and President, Reliable Health Services Inc.*



**Cheryl Carroll, DNP, CNM, PMHNP-BC, PMHCNS-BC, CST**  
*Certified Nurse Midwife; Psychiatric Mental Health Clinical Nurse Specialist; StrongTower Counseling and Education, Practice Owner*



**Crystal Lee Pow Jackson, Ph.D.**  
*Research Scientist, North Carolina Central University*



**Amber Cobia, PT, DPT, CLT**  
*Women's Health Physical Therapist, UNC Health*



**Jennifer Link, MSW**  
*Ageing Program Coordinator, Central Pines Regional Council Area Agency on Aging*

## Distinguished WHA Faculty



**Susan K. Murphy, Ph.D.**  
*Associate Professor, Obstetrics and Gynecology; Chief, Division of Reproductive Sciences, Duke University School of Medicine*



**Joan P. Packerham, Ph.D.**  
*Founder and Chair, Women's Health Awareness Program and Steering and Planning Committee; Director, Office of Human Research and Community Engagement, NIEHS, NIH*



**Neesha Namasingh, M.D.**  
*Fellow, Department of Medicine, Division of Endocrinology, Duke University School of Medicine*



**Kendra Modell Parrish, DO, FACS**  
*Breast Surgical Oncologist, Duke University*



**Chelsea Ngongang, M.D., FAAC**  
*Noninvasive Cardiologist, WakeMed Health and Hospitals*



**Benita Perkins, MBA**  
*Director, Benniegirl Healthy Lifestyle Branding and Communication Inc.; Certified Fitness and Personal Training Instructor, Athletic and Fitness Association of America*



**Deborah Holt Noel, M.A.**  
*Senior Producer, Black Issues Forum; Host and Feature Producer, North Carolina Weekend, PBS North Carolina*



**Rhonda B. Powell**  
*Victim Advocate, Raleigh Police Department*



**Ogugua Ndili Obi, M.D., M.P.H., M.Sc.**  
*Director, East Carolina University (ECU) Sarcoidosis Center; Director, Medical Intensive Care Unit, ECU Health Medical Center; Associate Professor, ECU*



**Mariah Prince-Allen, DNP, FNP-BC**  
*Telehealth for HER*



**Marci Oliver, MBA, CEC, CEPC, CCE**  
*Catering Chef and Instructor, Aramark Collegiate Hospitality*



**Ingrid Saddler-Walker, M.A., E-RYT 500/RCYT 95**  
*Founder and CEO, Wytha Balance Yoga-Counseling LLC*

## Distinguished WHA Faculty



**Tia Salvi-Jackson, M.D., M.S.**  
*Assistant Professor, Radiation Oncology,  
Duke Cancer Center*



**Kathy Trotter, DNP, CNM, FNP**  
*Associate Professor, Duke University  
School of Nursing, Duke Breast  
Surgical Oncology*



**Tara Owens Shuler, M.Ed.,  
LCCE, CD(DONA)**  
*Branch Head, Maternal Health Branch –  
Women, Infant, and Community Wellness  
Section, N.C. Department of Health and  
Human Services, Division of Public Health*



**Antonia Vincent, LCSW**  
*Community Engagement and  
Partnership Coordinator,  
CEP COMPACT ACT Coordinator,  
Durham VA Health Care System*



**Nicole L. Snyder, Ph.D., M.P.H., M.A.S.**  
*North Carolina Wastewater Monitoring  
Network, Division of Public Health,  
N.C. Department of Health and  
Human Services*



**Stacy Wentworth, M.D.**  
*Clinical Associate Professor,  
Radiation Oncology, Duke University  
School of Medicine*



**Marie Stewart, LCSW**  
*Military Sexual Trauma Coordinator/  
Women's Health BHIP Team,  
Durham VA Health Care System,  
U.S. Department of Veterans Affairs*



**Kelli Wood, M.S., RD, LDN**  
*Regional Registered Dietitian,  
Aramark Collegiate Hospitality*



**Stephen Tilley, M.D.**  
*Department of Medicine,  
UNC School of Medicine*

**For full speaker biographies, please visit  
the link below or use the QR code.**

<https://bit.ly/4sNKbgz>





# **Women's Health Awareness 2026**

Co-Sponsors

Corporate and Business Partners

## Co-Sponsors

### Celebrating 12 Years of Women's Wellness

With sincerest gratitude, we extend our heartfelt appreciation to our co-sponsors. Your unwavering support and commitment have been instrumental in the remarkable success of the Women's Health Awareness Wellness Conference and Program over the past decade. None of this would have been possible without your invaluable contribution.

We look forward to continuing this important work together, advancing the cause of women's wellness and shaping a brighter, healthier future for generations to come.



**Durham Alumnae Chapter of  
Delta Sigma Theta Sorority Inc.**



**NC Central**  
UNIVERSITY

**North Carolina Central University  
Department of Public Health Education**



## Corporate Partner

### A Special **"THANK YOU"** to **Donna Bernstein** for Her Generous Contribution to Women's Health Awareness 2026!



We would like to recognize Donna Bernstein for her support of Women's Health Awareness 2026. Throughout her career as a successful businesswoman, she has prioritized service to support initiatives for those affected by disability or disparity. Her vision to provide a global reach to her support resulted in the Donna Bernstein Global Research Fund, which provides support to train neurosurgeons in Africa. Donna has been a long-standing and passionate supporter of the Duke Cancer Institute, where she herself and members of her family received treatment. Partnering with Duke, she established the Clifford Ray Prostate Cancer Fund in honor of her lifelong friend and NBA champion. She is also strongly committed to making a difference in addressing health care inequities that result in disparities in women's cancer outcomes, including breast cancer screening. We are proud that her generosity and vision have allowed us to provide free mammogram screening as part of Women's Health Awareness 2026. **Thank you, Donna, for being our SHERO!**



## Corporate Partner

**A Special "THANK YOU" to Aramark Collegiate Hospitality  
for Their Generous Contribution to Women's Health Awareness 2026!**



Aramark is committed to teaching communities that "Living Well Starts with Eating Well!" Aramark is proud to support Women's Health Awareness to improve the health of women in North Carolina by providing nutrition education and increasing access to healthy food options.

Our partnership with Women's Health Awareness aligns with Aramark's goal of "Putting People First."



## Corporate Partner

**A Special "THANK YOU" to Durham Public Schools  
for Their Generous Contribution to Women's Health Awareness 2026!**



**Bright Futures Are Sparked**

**HERE!**

Discover more at [www.DPSNC.net](http://www.DPSNC.net)



## Corporate Partner

A Special **"THANK YOU"** to **WTVD ABC11**  
for Their Generous Contribution to Women's Health Awareness 2026!

**ABC11 is proud to support the movement to raise awareness for women's health.**



Ana Rivera

John Clark

Barbara Gibbs

Kweilyn Murphy

Together, we can be a relentless force to ensure all mothers, wives, sisters, and daughters live a happier, heart-healthier life.





## Corporate Partner

**A Special "THANK YOU" to Duke Cancer Institute  
for Their Generous Contribution to Women's Health Awareness 2026!**



## Duke Cancer Institute thanks our community partners

Duke Cancer Institute is proud to serve as a Corporate Partner for the 2026 Women's Health Awareness Cancer Track. Our community partnerships are critically important to us and we are committed to providing cancer outreach, education, screenings and valuable services to those in our communities.

To find out more about these services, please call our office at 919-684-0409 or visit [dukecancerinstitute.org/ohed](http://dukecancerinstitute.org/ohed).



## Business Partners

A Special **"THANK YOU"** to our Business Partners  
for Their Contribution to Women's Health Awareness 2026!



### Joyce's Specialties

Contact: Joyce Siler, Owner

Telephone: 919-477-0182

Email: joycesspecialties@gmail.com



### Community Health Coalition Inc.

Contact: Carmelita Spicer

308 Crutchfield St., Durham, NC 27704

Telephone: 919-794-1806

Email: carmelita@communityhealthcoalition.com

www.communityhealthcoalition.com

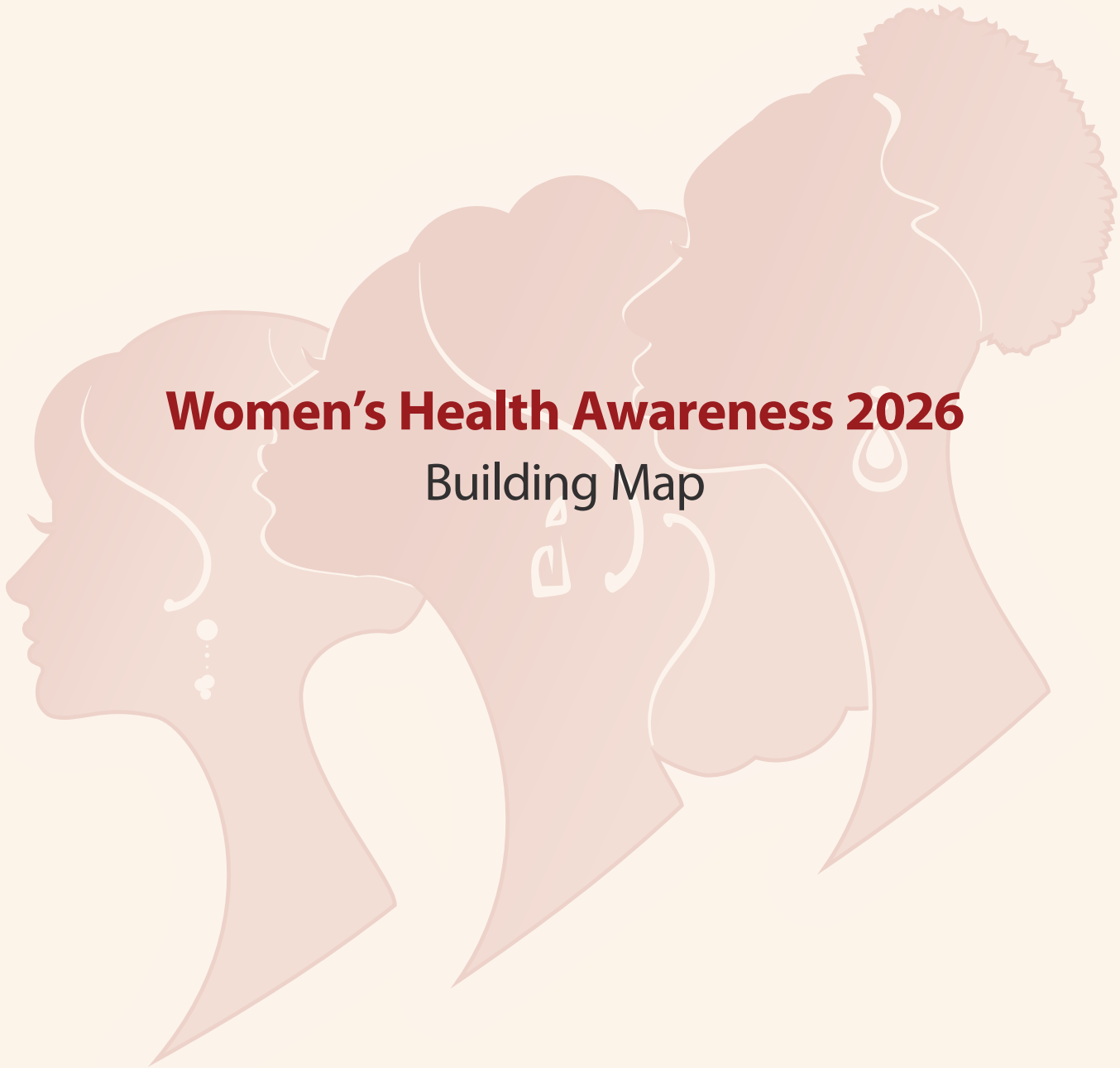
## Women's Health Awareness 2026

### Exhibitors

For a list of exhibitors, please visit the  
link below or use the QR code.

<https://bit.ly/3N8FOxK>



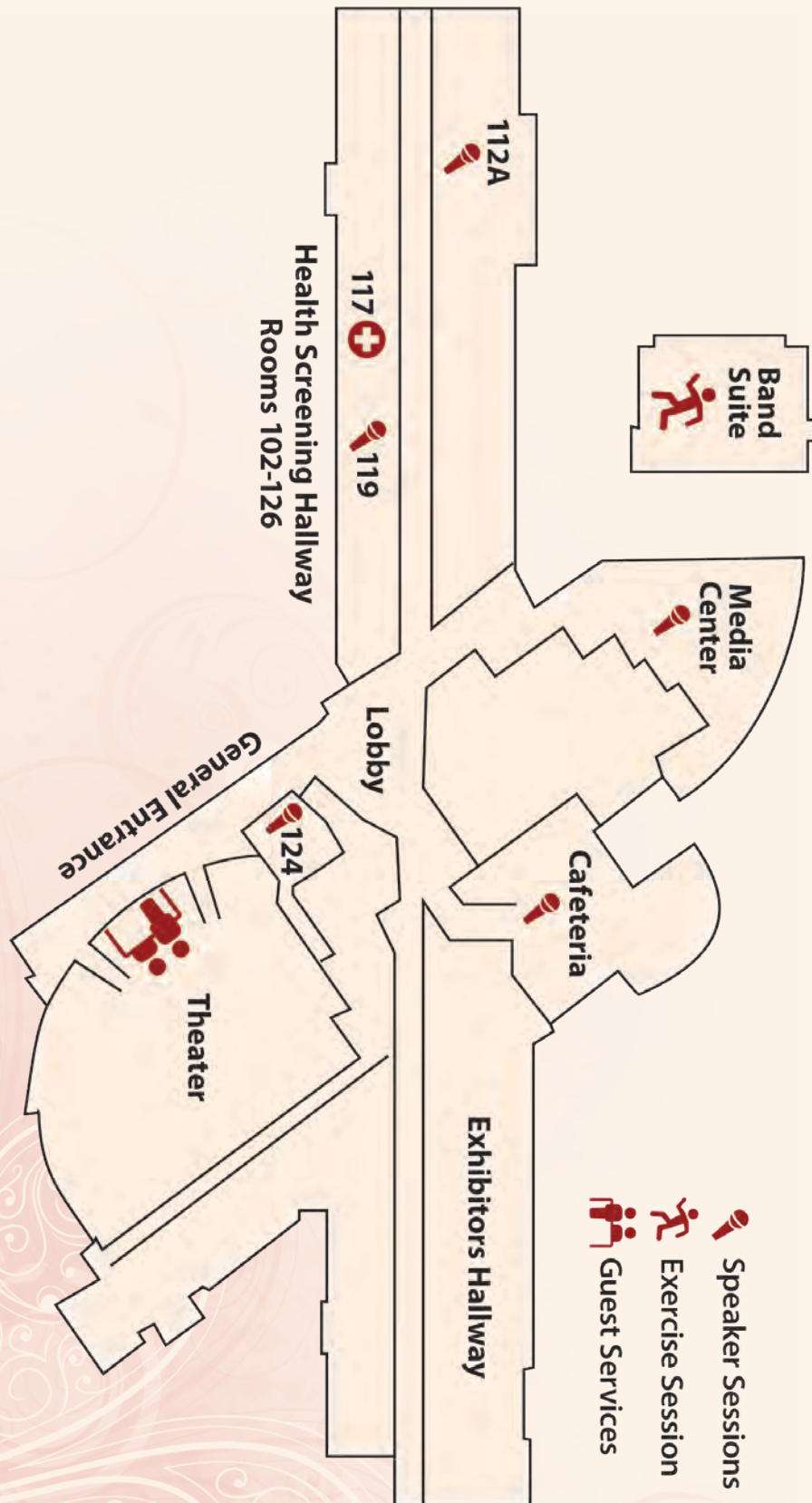


# **Women's Health Awareness 2026**

Building Map



# Event Map









# Women's Health Awareness 2026

## Transforming Communities by Enhancing Women's Health

**Thank You to Our  
Platinum and Gold Corporate Sponsors**



Donna Bernstein

