

# 2026 Women's Health Awareness Agenda-at-a-Glance



Time	Theater	Media Center	Room 124 (ROTC)	Room 112A	Room 119	Band Suite	Cafeteria
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.</p> <p>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>	<p><b>Diabetes Health Education</b></p> <p><b>“Healthy Blood Sugar, Healthy You: A Practical Guide for Women”</b> Neesha Namasingh, M.D.</p>		<p><b>Healthy Living</b></p> <p><b>“Dancing: Nourishing the Body Through Movement”</b> Marvis Henderson-Daye, Ed.D.</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.</p> <p>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>	<p><b>Breakout Session</b></p> <p><b>“Our Blood Matters: What Individuals Need to Know About Sickle Cell Disease: A Panel Discussion With Sickle Cell Warriors”</b> Cheryl Brewer, Ph.D., MSN, RN, and Ingrid Barton</p>		<p><b>Healthy Living</b></p> <p><b>“Restore and Recharge: Nervous System Calm for Women’s Health”</b> Ingrid Saddler-Walker, M.A., E-RYT 500/RCYT 95</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>	<p><b>Breast Health</b></p> <p><b>“Breast Health Essentials: What You Need to Know About Risk, Screening, and Treatment”</b> Tia Salvi-Jackson, M.D., M.S., Kathy Trotter, DNP, CNM, FNP, and Kendra Modell Parrish, DO, FACS</p>		<p><b>Healthy Living</b></p> <p><b>“Groove Theory — The Science of Joyful Movement”</b> Olivia French</p>	<p><b>Healthy Living Education</b></p> <p><b>“Cooking Demonstration: Living Well Starts With Eating Well”</b> Marci Oliver, MBA, CEC, CEPC, CCE, and Kelli Wood, M.S., RD, LDN</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>	<p><b>Breakout Session</b></p> <p><b>“Demystifying the Pelvic Floor: Anatomy, Function, and Care”</b> Amber Cobia, PT, DPT, CLT</p>	<p><b>Healthy Living</b></p> <p><b>“Small Space... Big Yield”</b> Kareemah Abdusamad</p>	<p><b>Healthy Living</b></p> <p><b>“A Tai Chi Primer”</b> Benita Perkins, MBA</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>					