



**My Style
Matters**

PROUDLY PRESENTS

HERitage

HEALTH EXPERIENCE

A groundbreaking genHERational health event
dedicated to supporting Black women and their
families in overcoming health disparities.



IN PARTNERSHIP WITH



Event Agenda

AM Session

<p>08:00 - 09:00</p>	<p>Breakfast / Resource Fair</p>
<p>09:00 - 09:30 Welcome and Remarks</p>	<p>Host/Moderator: Mz. Shyneka Maxwell Atlanta on-air radio personality</p> <p>Performer: The Kindezi West Dance Team ft. the Royal Pandas</p> <p>Remarks:</p> <ul style="list-style-type: none"> • Tiah Tomlin-Harris, Co-Founder and CEO, My Style Matters • Shonta Chambers, MSW, EVP Health Equity Initiatives and Community Engagement. Patient Advocate Foundation • Alice Flen, Mgr 2, Business Operations, WIC • Taressa Lumpkin Williams, Founder & Executive Director, Blessings Working Together • Ann-Marie Swatson, Founder, Painted Pink
<p>09:30 - 10:15 Panel: My HERitage Matters</p>	<p>Panelists:</p> <ul style="list-style-type: none"> • Lisa Cunningham, Executive Vice President, Marketing & Communications, Black Women's Health Imperative • Chava J. Bowden, Program Manager, BRIDGE • Janai Webber, Breast Health Teen Ambassador, My Style Matters
<p>10:15 - 11:00 Panel: HER Health Matters</p>	<p>Panelists:</p> <ul style="list-style-type: none"> • Demetria J. Smith-Graziani, MD, MPH, Assistant Professor, Department of Hematology and Medical Oncology Winship Cancer Institute Emory University School of Medicine • Eldred Taylor, M.D., Taylor Medical Group • Teri Larkins, Ph.D Women's Health Advisor and Wellness Coach • Dr. Ryland J. Gore, Breast Surgical Oncologist
<p>11:00 - 11:45 Panel: HER Story Matters</p>	<p>Panelists:</p> <ul style="list-style-type: none"> • Sia Amadu, Breast Cancer Survivor • Yeme Thomas, Breast Cancer Survivor • April Donaldson, Metastatic Breast Cancer Thriver
<p>12:00 - 01:00</p>	<p>Lunch / Resource Fair Food By: Nvous Cuisine</p>

Event Agenda

PM Session

<p>1:00 - 2:00 Let's Beat Breast Cancer Rally</p>	<p>Kickoff: Drumline & Line Dance Fitness</p> <ul style="list-style-type: none"> • Majestic Marching Cardinals - Jonesboro High School Band, Lynel Goodwin, Band Director • The Soaring Sound of South Cobb - South Cobb High School Band, Calvin Morris, Band Director
<p>02:00 - 04:00 Workshop - 30 minutes</p> <p><i>*Each session will be offered four times for 30 minutes, allowing each attendee to attend four of the five different workshops.</i></p>	<p>Purposely Eats</p> <ul style="list-style-type: none"> • Presented By: Painted Pink • Facilitated By: Tina Rogers, Juicy Dreamz <p><i>Explore practical nutrition and lifestyle strategies for better well-being. Learn how to nourish your body and mind through balanced eating.</i></p>
	<p>Breast Health Matters</p> <ul style="list-style-type: none"> • Presented By: My Style Matters • Facilitated By: Tiah Tomlin-Harris, MS <p><i>Learn to perform breast self-exams and understand what's normal for your body with guidance from a women's health educator.</i></p>
	<p>Putting Mental Health First</p> <ul style="list-style-type: none"> • Presented By: Blessings Working Together • Facilitated By: Dr. Sylvia Krow <p><i>Discuss the unique mental health challenges for Black women and their daughters, and explore ways to strengthen well-being and support.</i></p>
	<p>Resources 101: How to Find and Access Them</p> <ul style="list-style-type: none"> • Presented By: Patient Advocate Foundation • Facilitated By: Shonta Chambers, MSW <p><i>Discover PAF services and learn about the National Financial Resource Directory for those with chronic or complex health conditions.</i></p>
	<p>SafHER Beauty</p> <ul style="list-style-type: none"> • Presented By: My Style Matters • Facilitated By: Xania Reed & Janai Webber, SafHER Black Beauty Ambassadors <p><i>Get tips on reducing exposure to harmful chemicals in beauty and household products, with simple, affordable swaps to protect your health.</i></p>

MEET OUR HOST **Mz. Shyneka**

We're thrilled to have Shyneka Maxwell, widely known as Mz. Shyneka, as our host for the HERitage Health Experience! A beloved radio personality in Atlanta with over 20 years of experience, Mz Shyneka is known for her dynamic presence, deep community connection, and her ability to engage audiences with charisma and wit. She's not only a pioneer in urban radio but also a dedicated mentor and community advocate, empowering the next generation of media talent and female entrepreneurs. We're excited to have her lead us through this inspiring event!

PERFORMERS:

- **The Kindezi West Dance Team**
featuring the Royal Pandas
- **Majestic Marching Cardinals**
- Jonesboro High School
- **The Soaring Sound of South Cobb**
- South Cobb High School
- **Love to Line Dance** - Darnyce Hill,
Joy Williams, Dianne Brown,
Deborah Jones, Annie Davis, Lizz
Roland, Will White



**LET'S
BEAT BREAST
CANCER**
Rally

We're teaming up with the Physicians Committee for Responsible Medicine for their Let's Beat Breast Cancer Campaign Rally! Get ready to dance to the beat of a live percussion band as we raise our voices and drums for breast cancer prevention. Discover four key lifestyle steps to reduce the risk of breast cancer and recurrence. Let's make some noise for a lifesaving cause!

My HERitage Matters

This session focuses on the importance of understanding and embracing our HERitage, particularly in the context of health. Through powerful discussions, we'll explore how our cultural background, family history, and community play a crucial role in shaping our health journey and what we can do to pass on a legacy of wellness to future generations.



◆ PANELISTS ◆



LISA CUNNINGHAM

Executive Vice President, Marketing & Communications, Black Women's Health Imperative

An Atlanta native, Lisa Cunningham began her career directing and producing music videos for top artists while working in marketing. Seeking a higher purpose, she transitioned to public health, DEI, and LGBTQ advocacy. Now EVP of Marketing and Communications at the Black Women's Health Imperative, Lisa leads impactful health campaigns and champions marginalized communities.

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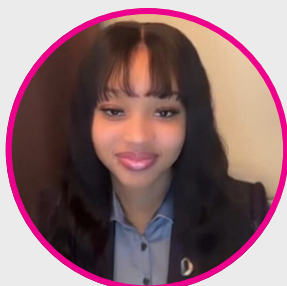
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CHAVA J. BOWDEN

Program Manager, BRIDGE

Chava is a seasoned researcher with over 12 years of experience at Emory University, specializing in health disparities and emergency preparedness. Her work focuses on critical areas such as breast cancer, HIV, and tuberculosis, particularly in underserved communities. Her dedication to addressing health inequities drives her research and outreach efforts, making a significant impact on public health.



JANAI WEBBER

Breast Health Teen Ambassador, My Style Matters

A 17-year-old high school senior, Janai is a passionate community advocate and co-founder of her school's debate team. Janai is dedicated to fostering open conversations about teen mental health through her upcoming business, Cognitive Clash. As a "community catalyst," Janai is committed to creating positive change and engaging in meaningful discussions that uplift and empower others.

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HER Health Matters

A session focused on the unique health challenges faced by Black women. Our expert panel will discuss preventative strategies, navigating the healthcare system, and how to advocate for ourselves. Let's break the silence on health issues and empowHER each other with the knowledge to take control of our health.



◆ PANELISTS ◆



DEMETRIA J. SMITH-GRAZIANI, MD, MPH

Assistant Professor, Department of Hematology and Medical Oncology Winship Cancer Institute Emory

Dr. Demetria Smith-Graziani is a breast medical oncologist and Assistant Professor at Emory University's Winship Cancer Institute. Her research focuses on eliminating racial and socioeconomic disparities in breast cancer care and outcomes.

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ELDRED TAYLOR, M.D.

Taylor Medical Group

A board-certified OB/GYN, Eldred is an expert in hormonal imbalances and functional medicine. With over 12 years as a clinical professor at Emory University, Dr. Taylor's mission is to improve patient care by integrating functional and conventional medicine.

[WEBSITE](#) [LINKEDIN](#)



TERI LARKINS, PH.D

Women's Health Advisor and Wellness Coach

Dr. Teri is a women's health advisor, wellness coach, and founder of Women's Health HERstory, a platform dedicated to empowering women in health. With a Ph.D. in Biomedical Sciences and a passion for cancer prevention, she advocates for women to master their health and well-being.

[INSTAGRAM](#)



RYLAND J. GORE, MD, MPH, FACS

Breast Surgical Oncologist

A board-certified breast surgical oncologist specializing in breast disease treatment. An Atlanta native, she trained at Morehouse School of Medicine and Maimonides Medical Center. Dr. Gore practices at Northside Hospital and recently opened Dream Breast Care Center in Buckhead.

[INSTAGRAM](#) [WEBSITE](#)

HER Story Matters

This session celebrates strength, resilience, and the power of storytelling. Each panelist will offer insights from their unique experiences with diagnosis, treatment, and recovery, providing hope and practical advice. This panel is an empowering space to connect, find inspiration, and learn from these courageous women who remind us that every story matters.



◆ PANELISTS ◆



SIA AMADU

Breast Cancer Survivor

Diagnosed with triple-negative breast cancer in August 2019 at the age of 51, Sia's journey through surgery, chemotherapy, and radiation was both challenging and transformative. Supported by her family, friends, and fellow survivors, Sia completed her treatment in May 2020 and has been in remission ever since. Her story is one of enduring strength and gratitude.



YEME THOMAS

Breast Cancer Survivor

Diagnosed with stage 3 breast cancer at 29, Yeme is dedicated to challenging misconceptions about cancer and its treatments. Having undergone chemotherapy, radiation, and a double mastectomy, she is now three years into hormone therapy. Yeme emphasizes that cancer is just one chapter in life and encourages others to live fully and thrive.



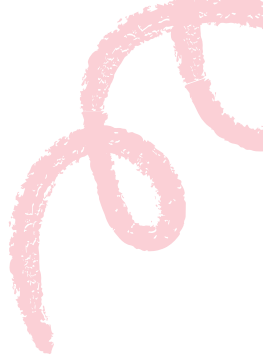
APRIL DONALDSON

Metastatic Breast Cancer Thriver

An author, educator, and metastatic breast cancer patient, April was diagnosed with triple negative breast cancer during the pandemic. She wrote a children's book, "God Made Me Strong," to uplift her son and other children facing similar challenges. April has shared her story widely through various publications and continues to inspire with her faith and resilience.



ABOUT OUR **WORKSHOP FACILITATORS**



PURPOSELY EATS

TINA ROGERS

Founder of Juicy Dreamz

Tina Rogers, the inspiring founder of Juicy Dreamz, a proudly Black woman-owned, veteran, and disability-owned business, brings her passion for wellness to the table. Juicy Dreamz serves fresh-pressed juices that nourish and uplift, embodying resilience and flavor. Join Tina in this interactive workshop where you'll learn practical strategies to nourish both body and mind. Emphasizing balanced eating habits and mindful living, this session will guide you in integrating healthy foods into your daily routine, helping you take a step towards a more vibrant and fulfilling life.

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BREAST HEALTH MATTERS

TIAH TOMLIN-HARRIS, MS

CEO, Founder, My Style Matters

Tiah Tomlin-Harris, a two-time triple-negative breast cancer survivor, is a passionate advocate for health equity and education. As a breast health educator and cancer coach, Tiah dedicates her work to addressing health disparities, especially among Black women. In this empowering session, she will guide you through understanding your breast health, teaching you how to perform self-exams and recognize what's normal for your body. This workshop is about moving from awareness to action, equipping you with the knowledge to take control of your breast health.



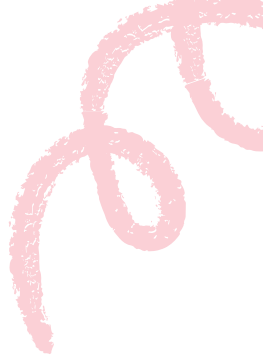
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ABOUT OUR **WORKSHOP FACILITATORS**



PUTTING MENTAL HEALTH FIRST

SYLVIA KROW, PhD

Founder and CEO of ICCCS

A seasoned mental health professional with over 15 years of experience, Dr. Sylvia Krow is dedicated to helping individuals from diverse backgrounds lead healthier lives. As the founder of Integrated Counseling Center & Consulting Services, Dr. Krow focuses on holistic mental health approaches. She will lead a discussion on the unique mental health challenges faced by Black women and their daughters, offering strategies to break down barriers, strengthen communication, and improve mental well-being within our community.

[WEBSITE](#)

RESOURCES 101: HOW TO FIND AND ACCESS THEM

SHONTA CHAMBERS, MSW

EVP at Patient Advocate Foundation

Shonta Chambers, a dedicated public health professional and executive at Patient Advocate Foundation, brings over 25 years of experience in health equity and community engagement. In this workshop, Shonta will provide an overview of the critical services offered by PAF, including a demonstration of the National Financial Resource Directory. This session is designed to help individuals living with chronic or complex health conditions find and access the resources they need to overcome barriers to care.

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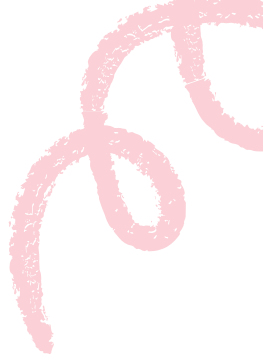
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ABOUT OUR

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SAFHER BEAUTY XANIA REED & JANAI WEBBER

SafHER Black Beauty Ambassadors

As SafHER Black Beauty Ambassadors, Janai and Xania bring their commitment to community empowerment to this workshop, where they will share practical tips on reducing exposure to harmful chemicals in beauty and household products. Join them as they guide you through simple, affordable swaps to help you live a healthier, toxin-free life.

Xania Reed, a passionate public health professional with experience at the CDC and Breast Cancer Prevention Partners, advocates for safer beauty products for Black women through health education, while **Janai Webber**, a dynamic 17-year-old high school senior and "community catalyst," drives meaningful conversations around health and beauty, particularly within the Black community.

