

Spring Conference:
Next Level You: Health, Advocacy & Happiness

March 12th, 2025 | Speaker Sheet



Jessica Battle
Conference Speaker

SESSION: *Mind, Body, Spirit: Embracing Holistic Practices for Lasting Well-Being (Ed Session Block Two)*

BIOGRAPHY:

Jessica Battle is coach, motivational speaker and lifestyle influencer on the Join Jessica XO social platforms where she is best known for inspiring women to break free from perfectionism and self-sabotaging behaviors so they become the best versions of themselves.

Jessica has lost over 100 pounds, twice, which led to being featured in People Magazine, on Oprah.com as well as in the Huffington Post.

After overcoming disordered eating and years of yo-yo dieting she has built a successful online business mentoring women in creating the mindset shifts that help them achieve the change they desire.

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Christopher Blackmore
Conference Speaker

SESSION: *Securing Your Happiness: Navigating Financial Wellness & Fraud Prevention with TD SAFE (Ed Session Block Three)*

BIOGRAPHY:

Chris joined TD in June of 2000 as a part time teller working in the Berlin NJ store. While getting his degree at Ramapo College of New Jersey, Chris worked his way to weekend supervisor which led to his transition to the back office by joining Financial Crimes and Fraud Management. Chris supervised three separate teams within Fraud Management over a 9 year period before making the move to become an Anti-Money Laundering Compliance Officer for the Risk and Monitoring Team. After three years in AML, Chris joined the FC & FMG Partner Integration team with a focus on the Retail market. Chris then spent 3 years in Fraud Risk Management focused on Customer Education. He now works in USFM with a mandate that includes Customer, Colleague and Community Fraud Education.

Chris lives in South Jersey with his wife and three daughters (15, 13 and 11). Outside of work, Chris enjoys Philadelphia sports, family time, playing soccer (not as good as he used to be) investing, and getting to the beach whenever he can. Chris is a ballet, competitive cheer and soccer dad. Chris is living girl dad life to the fullest.

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Dena Blizzard
Featured Speaker

SESSION: *Opening Remarks Speaker "Wake Up & Laugh" and Presenter "That's what she said..." (Ed Session Block One)*

BIOGRAPHY:

As a comedian, mother of three, and creator of the multi-media company "One Funny Mother," Dena is best known for her viral videos and stand-up clips which have garnered more than 200 million views worldwide. With 500K+ followers across Facebook, Instagram, and TikTok—and a daily LIVE show with a watch count of 20K/day—she's built a community of dedicated fans eager to laugh and cry along with her message of "finding the funny" in all things motherhood, being a Bad A** and starting life over after 50.

Her Off-Broadway show, *One Funny Mother*, toured for three years (2017-2020), and her tour, *My Name Is Not Mom* (2022-2023), included seventy-five cities across North America. She's co-hosted with Anderson Cooper, performed at the United Nations, served as Grand Marshal of "Chardonnay Day" in Chardonnay, France, was a Top 5 Finalist for *Live with Kelly* and taped her son to a wall for fun.

Her entrepreneurial endeavors include creating, "Chardonnay Go: A Board Game for Wine Lovers, Moms and Other Shameless People", launching OFM Tours, which hosts "Adult Field Trips" around North America for people who want to get away from their families and she's currently writing her first memoir.

Dena is a sought-after keynote speaker, comedian and corporate host. Her "That's What She Said", hands-on speaking classes and corporate programs help women become better speakers through foundations found in the arts.

See Dena LIVE in her show *I Love You Get Away from Me*, which boasts three generations of comedic talent with her mom, "Lady Di", her son, Dean and daughter, Jacqueline.

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Dr. Lakeisha Carter
Conference Speaker

SESSION: *Mind, Body, Spirit: Embracing Holistic Practices for Lasting Well-Being (Ed Session Block Two)*

BIOGRAPHY:

Dr. Lakeisha Carter has worked in higher education for 20 years at various private and public institutions in the following areas: student activities, orientation, leadership programs, academic success, educational research, medical education, and curriculum development.

Since 2016, Dr. Carter has served as the Education Coordinator for the M3 curriculum in the Office of Medical Education at Cooper Medical School of Rowan University in Camden, NJ, and as an adjunct faculty member at Rowan University.

Dr. Carter has a B.A. in Health and Human Services from the University at Buffalo (SUNY), an M.S. in Student Personnel Administration from Buffalo State College (SUNY), and an Ed.D. in Educational Leadership from Rowan University, with a focus on Institutional Advancement, development, and alumni services at historically Black Colleges and Universities (HBCUs).

At Rowan University, Dr. Carter is the Programming Co-Chair for the Women's Alliance Network. During the COVID-19 pandemic, Dr. Carter found her new passion in promoting self-love and care for women. She curated a tool that helped her on her self-care journey and turned it into a tool for other women by publishing a self-love and care journal. Dr. Carter is a resident of Gloucester Township with her husband and two beautiful children. In her free time, she loves to eat at new restaurants, take dance classes, and spend time with family.

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Rochelle Gapere
Closing Keynote
Featured Speaker

SESSION: *Next Level You: The Happiness Blueprint for a Healthier, Happier Life*

BIOGRAPHY:

Rochelle Gapere is an Attorney, Happiness Coach and Entrepreneur. Known for bringing her charismatic personality and sheer joy for living to every experience and individual she encounters, Rochelle has mastered the art of living life fully and passionately. The release of her Amazon bestselling book, *One Happy Thought at a Time: 30 Days to a Happier You*, cements her lifelong practice of adding more happiness to this world by empowering others with science-based tools and techniques that help them lead happier, more fulfilling lives. Rochelle believes in living a life that is engaging at every level and utilizes practical techniques to teach audiences her unique approach to living a happy life.

Rochelle describes herself as an “Attorney by trade and Happiness Coach by heart.” Rochelle earned a Bachelor of Science degree in Psychology from Tennessee State University, graduating Summa Cum Laude. She graduated with a Juris Doctorate from the University of Miami School of Law in 2005. In 2018, she earned a Positive Psychology Specialization Certification through the University of Pennsylvania. She is the 2019 recipient of The Florida Bar YLD Michael K. Reese Quality of Life Award. Rochelle was recently recognized as one of the Top 100 Female Empowerment Speakers in the world by Engage, LLC.

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Dr. Layla Houshmand
Featured Speaker

SESSION: *Roe Was Not Enough: My Life-Saving Abortion Story, Abortion 101, and How to Take Action (Ed Session Block Two)*

BIOGRAPHY:

Layla Houshmand is the Director of Strategy for Boston Scientific's Neuromodulation division. She is responsible for the divisional strategy across the pain, interventional spine, and brain franchises and leads all growth strategy, portfolio strategy, market research, and competitive intelligence. Layla was previously a consultant at McKinsey & Company, where she advised global medical device clients on commercial strategy and business development. Layla earned her PhD in Biomedical Engineering with a focus on Deep Brain Stimulation targeting and a B.S. in Biomedical Engineering from Columbia University. During a medical emergency in the first trimester of pregnancy in 2021, Layla was denied timely access to an abortion. As a result, she lost most of the vision in her right eye and learned that she could have lost her life. She spends her free time on abortion rights advocacy work and has told her story in several media outlets.

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Farah Houshmand
Featured Speaker

SESSION: *Opening Remarks Speaker & Session Moderator*

BIOGRAPHY:

Farah Houshmand has been a dedicated member of the Rowan University community alongside President Houshmand since 2006. She plays an active role in advancing the university, supporting future initiatives and fundraising efforts.

Before her involvement at Rowan, Farah served as the Accreditation Manager for the Department of Public Safety at Drexel University. She holds a bachelor's degree in Nutrition and Dietetics from the University of Cincinnati and earned her master's degree in Food Science from Drexel University in 2002.

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Dr. Valerie James
Conference Speaker

SESSION: *How to Sustain the Best You When Facing Microaggression in the Workplace (Ed Session Block One)*

BIOGRAPHY:

Proud Woman of Color. Educator. Proud Mom. Microaggression Scientist.

Dr. Valerie James has capitalized on thirty-two plus years of experience in education to impact equity and justice for all stakeholders. She associates her tenure with professional development, professional learning communities, and gifted and talented staff training, within urban and metro rural communities throughout the United States.

This proud woman of color and consummate educator has served in varying leadership roles, stemming from elementary school teacher, literacy coach, adjunct professor, literacy facilitator, to her current role as a seasoned principal.

Her doctoral work of study, educational leadership, and ensuring equity for all stakeholders, has provided her with a solid foundation necessary to develop expertise in identifying discriminatory perspectives and behaviors that marginalize women, with a focus on the workplace.

A breadth of professional experience coupled with research experience have afforded her the opportunity to develop expertise in the framework of Microaggression: Microassault, Microinsult, and Microvalidation.

Dr. James views professional learning as the cornerstone for providing a sustainable and rich experience for all stakeholders as related to teaching and learning. Her ultimate goal is to ensure that professional women are equipped, empowered, and encouraged.

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Dr. Manuela Jimenez
Featured Speaker

SESSION: *The Art of Balancing Act: Work and Well-Being (Lunch Ted Talk)*

BIOGRAPHY:

Dr. Manuela Jimenez is a distinguished leader in P-12 education, serving as a certified school administrator, author, mentor, and coach based in New Jersey. Her outstanding leadership and dedication to educational equity have significantly impacted the field. Dr. Jimenez's research focuses on women's leadership, self-empowerment, and holistic health and well-being. She earned her Doctorate in Educational Administration from Rowan University, graduating in the class of 2024.

As the titleholder of Dr. World Latina 2025 from Dr. World Production, embracing the motto "Because Smart is Beautiful," she epitomizes the importance of collaboration across her roles as an author, researcher, and peer reviewer.

In addition, she actively mentors youth and fosters women's empowerment through the Women Into Networking (WIN) Community. Her dedication extends into fundraising, volunteering, and supporting college students as they transition from P-12 education to their first year of college.

In her classroom, Dr. Jimenez teaches English Language Arts to students of all ages, demonstrating her passion for education and her commitment to positively impacting the lives of her students.



Donna Loftus
Conference Speaker

SESSION: *Exercise Today for a Healthier Tomorrow (Ed Session Block Two)*

BIOGRAPHY:

Donna Loftus is a veteran of the United States Air Force and a Meritorious Service recipient during the Vietnam era, 1974-1978. After serving our country for four years she began her educational career in the academic disciplines of Health and Physical Education, at Weber State University located in Ogden, Utah. While an undergrad the Physical Education department asked her if she would like to teach as an adjunct professor and she did teach for two years, until graduation in 1983. She has provided health and wellness activities for the young at heart, the special abilities and other organizations within our state of New Jersey over the past 40 plus years. Her dedication in leading and motivating people of all ages to embrace their overall health and wellness is what she has always strived to do and continues to do daily. “Exercise Today for a Healthier Tomorrow”, is her Motto!

Education:

- 1983 graduated from Weber State University, BS Degree in Health and Physical Education, Minors: Recreation and Sociology.
- 2008 Master of Arts in Instructional Education: Central Michigan University.
- 2012 Supervisory Certificate New Jersey Department of Education

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Priscilla Loomis
Conference Speaker

SESSION: *Lessons from a Professional Badass: The toolbox for the unstoppable visionary (Ed Session Block Three)*

BIOGRAPHY:

Priscilla Loomis is a dynamic leader who has made her mark as an Olympian, entrepreneur, philanthropist, and advocate. Priscilla is best known for her achievements in track and field, including being a 3X Hall of Fame inductee, 2X Female Athlete of the Year recipient, National Record Holder, National Champion, and World Class Medalist.

Beyond athletics, Priscilla is the founder of the Priscilla E. Frederick Foundation, a nonprofit dedicated to supporting single-parent households, providing grants and scholarships to students in need, & hosting women empowerment workshops.

Her entrepreneurial spirit shines through as she successfully runs two thriving businesses and has partnered with global brands like Airbnb and PUMA.

Priscilla's story has been featured in top publications such as The New York Times, CNN, BBC, ESPN, National Geographic, and Disney Plus. But it's her ability to connect with people, whether through speaking engagements, media appearances, or community work, that truly sets her apart.

A seasoned public figure with over a decade of experience, Priscilla embodies resilience, leadership, and a commitment to lifting others up. Her motto is "To Live A Life of Excellence, Impact & Insane Confidence".

In an exciting new development, Priscilla is launching a digital streaming show in partnership with This Is It Network entitled "Thrive Through It with Priscilla Loomis", set to premiere in March 2025. Available on Apple TV, Fire TV, Xbox, and Roku, the show brings candid and inspiring conversations with athletes, diving into stories of resilience, transformation, and triumph, showcasing how athletes turn adversity into personal and professional growth. Tune in to discover the strength behind every struggle and learn how to thrive through adversity!

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Patricia Mooneyham
Conference Speaker

SESSION: *Securing Your Happiness: Navigating Financial Wellness & Fraud Prevention with TD SAFE (Ed Session Block Three)*

BIOGRAPHY:

Patricia Mooneyham, MSHROL, CELC is the Director of Professional Development for Harrisburg University of Science and Technology and the owner of the Passion Professor LLC which provides services in Coaching, Consulting and Education to individuals and businesses. Patricia is both a Certified Executive Leadership Coach and Certified Sexual Health Educator. She has leadership experience in both the private and the public sector and uses that experience to give back to service organizations. She has been published in magazines geared toward women's health and wellness and is the former host of the online radio show, *I'll Have What She's Having*.

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Jasmine J. Moore
Conference Speaker

SESSION: *Mind, Body, Spirit: Embracing Holistic Practices for Lasting Well-Being (Ed Session Block Two)*

BIOGRAPHY:

Jasmine J. Moore is a dedicated advocate for underserved communities, with over 15 years of experience in human services she now serves in the corporate health sector, specializing in Medicaid and Medicare. She has spent her career addressing social determinants of health, including healthcare access, housing stability, food security, and economic empowerment, ensuring that individuals and families have equitable opportunities to thrive.

As the Executive Director of The Victory Group, Jasmine leads transformative initiatives that provide critical resources to those in need, from maternal health support to affordable housing advocacy. With a strong background in nonprofit leadership and public policy, she works to bridge the gap between healthcare systems, government agencies, housing organizations, and the communities they serve.

Passionate about health equity and strategic partnerships, Jasmine collaborates with stakeholders across sectors to drive meaningful change. Whether advocating for policy reforms, developing housing initiatives, expanding access to care, or fostering cross-sector collaboration, she remains committed to creating sustainable solutions that uplift and empower communities.

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Donna Mueller, D.O.
Conference Speaker

SESSION: *Mind, Body, Spirit: Embracing Holistic Practices for Lasting Well-Being (Ed Session Block Two)*

BIOGRAPHY:

Donna Mueller, D.O., is an Neuromusculoskeletal Medicine physician working FT as an Assistant Professor at Rowan School of Osteopathic Medicine and on weekends in her private office as a community staff member at St. Luke's Anderson and Easton Hospitals, has almost 30 years of experience in the healthcare field. Most recently employed at UPMC as a Lifestyle Medicine Physician, she started an Integrative Medicine program at the Cleveland Clinic Florida while working as an Exercise Physiologist in Cardiology.

Working at the Cleveland Clinic, she began teaching yoga to her patients, publishing an article on the topic that appeared in ACSM's Health and Fitness Journal. To better serve her patients, she became one of the first people to obtain an RYT – 200 certificate through Yoga Alliance. She has since continued to obtain the highest level of clinical yoga training and continues to educate other instructors.

Dr. Mueller attended PCOM to become a physician and then continued her education doing Residency training at Abington Memorial (now Jefferson) South Pointe (Cleveland Clinic) in Ohio, and the Philadelphia College of Osteopathic Medicine. Following an internship in Internal Medicine accredited by the AMA and AOA, she completed a residency in osteopathic Neuromusculoskeletal Medicine (O-NMM) obtaining Board Certification. She holds another board certification from the American College of Lifestyle Medicine (ACLM) as well. She now teaches medical students to become RYT-200 yoga teachers to help them deal with the stresses and strains of being physicians.

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Stephanie Poe-Cerdan
Conference Speaker

SESSION: *Finding Your Voice: Self-Advocacy for Health, Relationships, and Life (Ed Session Block Three)*

BIOGRAPHY:

Stephanie started her career in the field of Human Services in July of 2003. While maintaining full time employment within the field, she achieved her AAS at Gloucester County Community College. At Rowan University, Stephanie continued her education, achieving her BA in Human Services. Stephanie established Devani Home Care Solutions, an agency provider of various supportive services throughout the state of New Jersey.

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Dr. Adrienne Robertson
Conference Speaker

SESSION: *Thriving in Every Role: Strategies for Life Balance, Mental Health and Personal Growth (Ed Session Block One)*

BIOGRAPHY:

Dr. Adrienne Robertson is an assistant professor in the Counseling in Educational Settings program at Rowan University. She is a former school counselor and is currently a Licensed Clinical Professional Counselor. She has experience working with marginalized adults and adolescents and is passionate about mental health. She aims to engage in more community outreach to destigmatize mental health and counseling in Black communities.

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Theresa Santucci
Conference Speaker

SESSION: *Thriving in Every Role: Strategies for Life Balance, Mental Health and Personal Growth (Ed Session Block One)*

BIOGRAPHY:

Theresa Santucci is a Licensed Clinical Social Worker and the founder of Aurora Sun Counseling, a telemedicine group practice dedicated to providing compassionate and inclusive mental health care. Aurora Sun Counseling serves children, adolescents, and adults, offering specialized support for substance use, couples counseling, first responders, and LGBTQIA+ affirming therapy.

Theresa holds a Master of Social Work from Fordham University and a Bachelor of Social Work from Stockton University. She is a Gottman Method Level 3 Trained therapist and has specialized training in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). Her professional background includes extensive experience in community mental health as both a therapist and director, as well as work within the health insurance industry.

With a deep commitment to trauma-informed care, Theresa specializes in working with individuals facing trauma, anxiety, depression, grief, and relationship challenges. She strives to create a safe, supportive environment where clients can share their stories and develop effective coping strategies.

Recognizing the intricate connection between mental health and body awareness, Theresa recently earned a Certificate in Binge Eating and Chronic Dieting, reinforcing her support for Health at Every Size (HAES). She believes that healing from trauma involves attuning to the body's natural cues, fostering a holistic approach to self-care and nourishment.

Through Aurora Sun Counseling, Theresa remains dedicated to empowering individuals and couples on their journey toward healing and personal growth.

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Jennifer V. Savage
Conference Speaker

SESSION: *Thriving in Every Role: Strategies for Life Balance, Mental Health and Personal Growth (Ed Session Block One)*

BIOGRAPHY:

Jennifer V. Savage, M.A. is a life-long learner and educator who has spent the majority of her career in education. She is a learning specialist, instructional designer and systems administrator with a passion for teaching and developing engaging materials.

Jennifer received her certifications for Life and Health Coaching from Health Coaching Institute in March of 2023, and she has a thriving Life Coaching Practice, Savage Success Life Coaching.

She also began hosting her own podcast in 2024, Savage Success on Bold Brave TV, which airs live on YouTube, Thursday evenings at 8:00 pm. Replays of the podcast air on most major streaming platforms.

The main focus of her practice and podcast is helping clients to attain clarity and harmony in all aspects of their lives. She helps her clients and followers to discover who they are, what it is they want out of life and how to attain their deepest desires. She has coaching programs for Life Coaching, Career Coaching, Relationship Coaching, Finance Coaching and Spirituality Coaching. The harmony of mind, body and soul is a consistent theme, as well as rediscovering joy and passion in life.

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Zondra D. Smith
Conference Speaker

SESSION: *Finding Your Voice: Self-Advocacy for Health, Relationships, and Life (Ed Session Block Three)*

BIOGRAPHY:

Zondra D. Smith is a dedicated advocate for social justice, healthcare equity, and youth empowerment. A proud graduate of Rutgers University-Camden, she earned an Executive Master's in Public Administration, equipping her with the expertise to drive meaningful policy change.

As a breast cancer survivor, Zondra has used her personal experience to amplify awareness and advocate for equitable healthcare access.

She was selected as a Susan G. Komen Public Policy Ambassador for New Jersey, where she champions initiatives to support African American women diagnosed with breast cancer. Her advocacy led her to Capitol Hill, where she addressed members of the 115th Congress in support of the SCREENS for Cancer Act, a bill designed to expand early and equitable healthcare access for low-income, uninsured, and underinsured breast cancer patients.

Zondra's commitment to public service deepened through her tenure as a legislative intern for New Jersey Senator Troy Singleton, Majority Caucus Chair, where she gained firsthand experience in legislative processes and policy development. Inspired by this experience, she is preparing to pursue a Juris Doctorate at Rutgers Law School-Camden to further her mission of shaping impactful laws and policies. Currently, Zondra serves as the Administrative Coordinator for Rutgers School of Nursing-Blackwood campus, where she provides strategic leadership and organizational support to foster the next generation of healthcare professionals. Additionally, as a certified Behavioral Assistant, she remains dedicated to empowering individuals and advocating for underserved communities, particularly at-risk youth.

Through her leadership, advocacy, and unwavering commitment to social justice, Zondra continues to be a powerful force for change, ensuring that policies and programs reflect the needs of the communities she serves.

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Angela Speakman
Conference Speaker

SESSION: *Finding Your Voice: Self-Advocacy for Health, Relationships, and Life (Ed Session Block Three)*

BIOGRAPHY:

When it comes to cannabis, South Jersey native Angela Speakman wholeheartedly believes in two things: responsible cannabis use furthers wellness and access to education is the key to addressing cannabis misinformation and stigma. Influenced by her wide-reaching and varied professional experience as a communications strategist, especially in the higher education and nonprofit sectors, Angela operates from the principle that investment in authentic exchange furthers meaningful learning.

Angela is a member of the teaching staff for the Hemp and Cannabis Business Management undergraduate degree program and the community education program at Stockton University, a public 4-year institution. She teaches cannabis history and communications and messaging courses, exploring patterns involving human usage of the plant, authority-driven misinformation and controversy, and other related topics. Angela holds a masters degree in Writing Arts as well as a Diversity, Equity, and Inclusion certification from Rowan University.

Also, Angela is the Founder/CEO of Elucidation Strategies, a cannabis education and planning agency. She launched Elucidation Strategies in 2022 in New Jersey to help people and organizations make informed decisions about cannabis. Elucidation Strategies facilitates education programs, including public audience-focused “Cannabis Community Conversations,” and “Green Shoulder,” an at-home consumption guidance service for the cannacurious. She is the co-host of the cannabis history and mystery podcast “Use This As You See Fit: The Diary of Mari.” Downloaded in over 40 countries around the world, the podcast aims to help people further their understanding of cannabis history, ultimately empowering listeners to make intentional, informed choices about cannabis-related topics.

Angela has been interviewed about her work by respected cannabis content outlets, such as the “Let’s Be Blunt with Montel Williams” podcast and “Cannabis Science and Technology” magazine.

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Queen Stewart, Esq.
Conference Speaker

SESSION: *Mind, Body, Spirit: Embracing Holistic Practices for Lasting Well-Being (Ed Session Block Two)*

BIOGRAPHY:

Queen was a high-powered attorney, running her own practice, while raising two small daughters. While striving to have it all, tragedy struck— she was diagnosed with stage 3 breast cancer.

Through her arduous journey of chemotherapy, radiation, and a double mastectomy, Queen found healing when she made a life-changing decision to turn her turmoil into triumph.

Queen closed her practice and began a career as a comedic performer and speaker, motivated to find healing by spreading joy to others. Now cancer-free, Queen reignites the vital spark within others to urgently find joy before tragedy strikes.

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Michele Wispelwey
Conference Speaker

SESSION: *Finding Your Voice: Self-Advocacy for Health, Relationships, and Life (Ed Session Block Three)*

BIOGRAPHY:

Michele has expertly crafted her career niche within the healthcare sector, accumulating over 18 years as a strategic healthcare executive. Armed with an MBA in Healthcare Management from Northeastern University, Michele excels in aligning women's healthcare services with contemporary needs and expectations.

Her contributions have been nothing short of revolutionary, particularly in introducing innovative women's health testing to New York City's leading physicians. Her focus spans molecular genetics, cancer biomarkers, and PCR Testing, making a significant impact in the medical community. Michele's professional journey has seen her in influential roles within Fortune 500 companies like Labcorp and Quest, but her prowess shines brightest in her role in smaller, specialized laboratories. Notably, she achieved remarkable success in expanding her client portfolio to an impressive \$40 million in New York City.

Michele's leadership extends beyond diagnostics and into innovation. She spearheaded the implementation of the first saliva-based COVID-19 PCR test in the New York Metro area, demonstrating her pioneering spirit. Her entrepreneurial flair is further evidenced by her role as the co-founder of FLOW Dental, a thriving multimillion-dollar cosmetic dental practice. This multifaceted career showcases Michele's unique blend of strategic vision and entrepreneurial acumen.

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SESSION: *Finding Your Voice: Self-Advocacy for Health, Relationships, and Life (Ed Session Block Three)*

BIOGRAPHY:

Scott is the Assistant Vice President for Community Health and Well-being. He is a graduate of Villanova University with a Bachelor in Nursing and completed his Masters in Business Administration and Nursing from LaSalle University. Scott has experience in cardiovascular health, critical care, emergency preparedness, and most recently in public health, where he served as the Director of Nursing for the Gloucester County Department of Health, Senior and Disability Services.

**Scott Woodside, M.S.N.,
M.B.A., R.N.
Conference Speaker**

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Lindsay Zogheb
Conference Speaker

SESSION: *Thriving in Every Role: Strategies for Life Balance, Mental Health and Personal Growth (Ed Session Block One)*

BIOGRAPHY:

Lindsay Zogheb is a trauma therapist, group practice owner, and Rowan University alum with over a decade of experience in the mental health field. She has worked across various levels of care, including residential treatment, partial hospitalization, and outpatient settings.

Specializing in PTSD, trauma, anxiety, depression, and supporting survivors of domestic violence and sexual abuse, Lindsay takes a trauma-informed approach with a strong focus on inner child work and exposure-based practices. She integrates evidence-based modalities such as Psychodynamic Therapy, Dialectical Behavior Therapy (DBT), and Cognitive Behavioral Therapy (CBT) to help clients heal and regain a sense of control over their lives.

In 2021, Lindsay founded her solo private practice, which rapidly expanded into a thriving group practice with 12 employees and three graduate interns. Beyond her clinical work, she runs a consulting business that helps clinicians establish and grow their own private practices. She is also in the process of launching a nonprofit dedicated to providing financial assistance for individuals seeking counseling and essential resources for independent living.

Lindsay's dedication to the field extends beyond therapy—she is committed to empowering both clients and fellow clinicians, ensuring accessible, high-quality mental health care for those who need it most.