

Welcome

We could not be more excited to kick off our 3rd annual Women ROCK event at historic Asbury Park Convention Hall and Paramount Theatre. Previous events brought together like-minded women from across the state to share in activities that nurtured the **mind, body and spirit**– and this year we have even more exciting and unique experiences to offer you.

Explore the Five Pillars of Hackensack Meridian Integrative Health & Medicine's program – **Sleep, Activity, Purpose, Nutrition and Resilience.**

Take time to discover women's health and well-being services, and interact with our extraordinary vendors who will give you great ideas on how to create more balance and beauty in your life. We will also be raffling off fabulous prizes throughout the afternoon! You'll have the chance to participate in interactive fitness and cooking demos, hear from our physician panel of "womenologists", listen to our special guest speakers Supermodel turned Super Mentor Tyra Banks, and her mama Carolyn London, learn tips for practicing resilience and mindfulness, and cheer on our superstar winners as they're inducted into our *Women Who Rock Hall of Fame*.

New this year is the Man Cave located on the second floor at the Overlook, right above the Social Media Embassy, made especially for the men who support the women in their lives. Chat with men's health experts such as Dr. David Leopold, Medical Director, Integrative Health & Medicine and Dr. Adrian Pristas, Corporate Medical Director for the Hackensack Meridian *Health* Southern Sleep Centers and the Medical Director of the Bayshore Medical Center Sleep Center, participate in a health screening, catch some of the professional football games, and meet Luis Robles of the New York Red Bulls. You'll also find a cash bar in this area.

Also new this year, check out our Gratitude Station to fill out a postcard and tell someone why they ROCK. Stop by the Expert Stations outside of each pillar, where you can have your health questions answered by our Integrative Health & Medicine specialists, including our integrative physician, nurse practitioner, health coaches, health psychologist, and acupuncturist. Looking for a way to give back? Massages offered in the Activity pillar are \$1 per minute, with all proceeds being donated to Mary's Place by the Sea, a respite home for women who are receiving treatment for cancer.

Learn a lot, have some fun, meet new friends, and make plenty of memories!

Rock on!

Your friends at Hackensack Meridian *Health*

Meet Your Emcees

Katie Neal



Katie Neal is the midday host at New York's Country Station, NASH FM 94.7. You can hear her weekdays 10-3 and Saturday mornings. Katie was raised in the heart of the Midwest but decided to chase her love for radio to the Big Apple. If you ask her how life's going these days, she'll tell you it's a lot like a sitcom -- small town girl navigates life in the big city while hosting a radio show, plus cameo appearances by the biggest names in country music.

Katie graduated from Illinois State University and studied Global Communication in the United Kingdom at the University of Leicester. She's been a member of NYC's Big Brothers Big Sisters Program for the last four years and was recently named NYCCountry Swag's Woman of the Month.

Lou Russo



Lou has been co-host of 94.3 The Point's "Lou & Liz in the Morning" for many years.

Lou loves to start Monmouth and Ocean Counties' day with a laugh. Lou has been a New Jersey resident for over 30 years, and considers the Jersey Shore his favorite place in the world. He and his wife Diane have been married for 10 marvelous years!

Lou is also a member of the Board of Directors for the Ashley Lauren Foundation and the Childhood Leukemia Foundation - and tries to help as many charity groups as possible throughout the year.



Congratulations

We're so proud to honor the third class of Women Who ROCK Hall of Fame winners. These women have all made a positive impact on their family, friends and community and selflessly give their time and energy to those in need. Each unique story can be found on our website HackensackMeridianHealth.org/WomenRock. Below is a snippet of why each of these women are so deserving of recognition and celebration!

Rockin' Her 20s – Lynnse Merfert

Below is an excerpt from Lynnse's nomination, by her husband Mike:

"My loving wife is extremely selfless, inspiring and devoted. For the past three years, she was a police officer in Myrtle Beach, SC where she was a living member of the community. While serving as a police officer, Lynnse won three lifesaving awards and received countless praise from command staff and the community. She was also an ocean life guard and an EMT, where she also saved countless lives, including children. Last year, she gave up those careers that she loved so that I could follow my career dreams in NJ. If that's not the most selfless act, I'm not sure what is. On top of her impressive history, she is also an author and has published 13 books on police relations. She hopes to better relationships between police officers and children in communities across the world."

Rockin' Her 30s – Nicole Johnston

Below is an excerpt from Nicole's nomination, by her sister Danielle:

"Nicole is one of those people who in her own humble way has made a difference in the lives of so many. Nicole has always lived by her own personal mantra of "helping people until there is no one left to help and doing good until there is no good left to do." Three years ago Nicole started a program tutoring children out of school receiving cancer treatment. She is a full-time teacher during the day, but spends afternoons and evenings each week with children in the hospital. In the summer, she continues to visit these children and brings them virtual reality goggles so she can take them on field trips across the country and world. Nicole's giving heart is just one small part of why she is a special woman."

Rockin' Her 40s – Cathy Carisi

Cathy started Camp Acorn for special needs children and was nominated by several campers and parents of campers. Cathy had eleven nominations in total. Here are some highlights from the nominations:

"I don't know where Cathy finds the strength and resilience to do what she does for all our special needs children. She has another full time job but she gives 110% to providing these children a place where they are safe, encouraged and accepted."

"She is a rock star because she never gives up. She keeps working for our special needs children. Giving them a place where they feel comfortable and can experience all kind of wonderful things that they may not have been able to do before like overnight camping trip, proms and just being in a place where they are the center of attention. She is a hero for us."

"If it hadn't been for you and this camp I don't know where I would be today, you have made my child so very happy, and for that I will always be eternally grateful for all that you do and continue to do!!! You are someone who I look up to for your generosity and the smiles I see on each of these children when they come in the door and how they look forward to each time they all get together is mind blowing. You have truly made my daughter's life worth living, and I love you!!"

Rockin' Her 50s – Virginia Roriston

Virginia had multiple nominations. Here's a peek at the nomination from her son, Calistus:

"She is the most generous and kind person to walk the face of the earth. She took me in as her son when I came from my country Nigeria. She was only going to be a host mother for few years but I turned family; I was accepted into the family and her kids too embraced me as one of them. For me, this is huge because it's not every day that you come across someone who is willing to open up her home to a stranger from a different country, background, or race. I have two other friends that she's hosting and I call them my brothers because she turned us all into family. You can't ask for anything better than how she has made the dreams of young African students who came to study and play sports come true. She has become my mother, who is thousands of miles away and I never for one day felt like am missing anything when it comes to providing love and care for a teenager."

Rockin' Her 60s – Denise Ely

Below is an excerpt from Denise's nomination, by her son Evan:

"Our Mother is a Survivor. Many people in life accomplish great things in education, business, careers, or financially. Our Mother's accomplishment is that she has survived a life filled with obstacles. She survived countless challenges including a Liver Transplant. In my eyes, her biggest accomplishment is that she survived all of this to be an amazing mother to my brother and me. She never let anything stop her from doing whatever she needed to do to make sure that we had the happy childhood that she wasn't able to have.

Now, she continues to survive in order to spread the word about the importance of Organ Donation, through her volunteer work. She's hopeful that her story can inspire others and eventually save more lives."

Rockin' Her 70s – Carolyn Blake

Nominated by her friend, Kelly, here's an excerpt from the nomination:

"Carolyn served as a Social Worker for homeless teenagers who were often abandoned and/or neglected. She went far above the requirements of her job without pay any many times without gratitude. Where many would have given up, she persisted and continued to sow real love and commitment into many otherwise broken lives. Her sacrifices enabled multiple generations of families to break the cycles they were unfortunately born into. She is the inspiration that kept many of us on the right path and gave us hope beyond what our prior experiences had exposed us to. She showed us that love really is an action word and gave us a strong mother figure who truly valued and believed in us. Her commitment did not end when her shift was over and a lot of her sacrifices went without reward, yet to this day, she continues to freely give of herself. She is a beautiful inspiration and a true depiction of love in action."



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Women ROCK



It's time to rock your health
and rock your life!

Hosted by



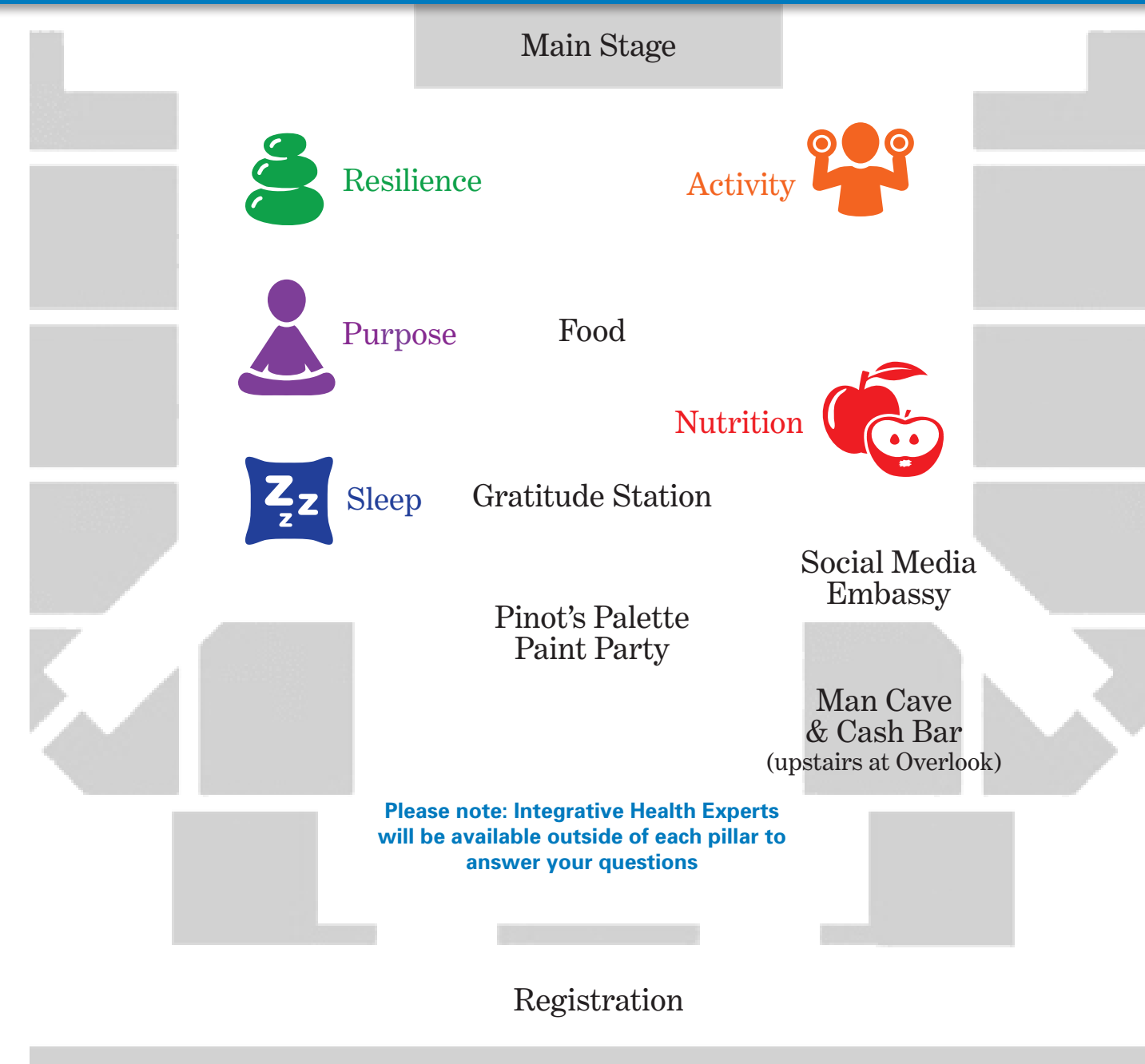
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Convention Hall

Plan Your Experience

About Our Rockin' Speakers

Vendors will be exhibiting for the entirety of the event; below are special experiences occurring at particular times of the day



	Convention Hall	Paramount Theatre
11:45 a.m.	Doors Open	
12:10 p.m. - 12:25 p.m.	Event Kickoff with Lou Russo from 94.3 The Point, Katie Neal from NASH-FM and Dr. David Leopold, Medical Director, Integrative Health & Medicine	Meet Your Hall of Famers Video
12:35 p.m. - 12:55 p.m.	Lotus Lounge yoga demo @ Main Stage	"Balancing Your Mind, Body, Spirit" Panelists: Jessica Miller M.D., Evelyn Minaya, M.D., Julianne Cantarella, MSW
12:45 p.m. - 1 p.m.		
1 p.m. - 1:15 p.m.	Bee Haven Bees demo @ Nutrition Pillar	Meet Your Hall of Famers Video "PERFECT IS BORING: 10 Things My Crazy, Fierce Mama Taught Me About Beauty, Booty, and Being a Boss", Tyra Banks & Carolyn London
1:15 p.m. - 1:30 p.m.	Tilton Fitness powered by Hackensack Meridian Health Zumba demo @ Main Stage	
1:30 p.m. - 1:45 p.m.	Fulfill cooking demo @ Nutrition Pillar	
1:45 p.m. - 2 p.m.	Cross Fit demo @ Main Stage	
2 p.m. - 2:15 p.m.		
2:15 p.m. - 2:30 p.m.		
2:30 p.m. - 2:45 p.m.		
2:45 p.m. - 3 p.m.		Meet Your Hall of Famers Video
3 p.m. - 3:15 p.m.		
3:15 p.m. - 3:30 p.m.	ReShape Your Health cooking demo @ Nutrition Pillar	Count Basie Theatre Rocklt Academy performance
3:30 p.m. - 3:45 p.m.	Lead U Youth Empowerment group @ Main Stage	Meet Your Hall of Famers Video
3:45 p.m. - 4 p.m.	Cocoa Exchange cooking demo @ Nutrition Pillar	"Power of Positivity", Gemma Nastasi
4 p.m. - 4:15 p.m.	ReDef Movement Dance demo @ Main Stage	
4:15 p.m. - 4:55 p.m.	Women Who ROCK Hall of Fame Awards @ Main Stage	
4:50 p.m. - 5 p.m.	Raffles & Goodbye	



Tyra Banks and Her Mama, Carolyn London

Tyra Banks is the Supermodel, Super Entrepreneur and Super Mentor of our time. As an original Victoria's Secret angel, the first African American model to be featured on the cover of Sports Illustrated swimsuit issue, and the creator/executive producer of one of the longest-running reality shows, America's Next Top Model, Tyra has made it her life's mission to expand the definition of beauty and to help empower women everywhere. In 2012, she graduated from the Owner/President Management program at Harvard Business School, and she has since taught at Stanford University Business School as a visiting professor. Most recently, Tyra took on the role of America's favorite host on NBC's America's Got Talent in one of its most watched seasons.

Carolyn London is a retired professional photographer, mother of Tyra and her brother, Devin, and CEO emeritus of the Tyra Banks Company.

She is the author of two books "Happy, Healthy Life" and "The Positive Psychology Diet: 21 Days to a Happier and Healthier Life".

Gemma is also a motivational speaker, a former volunteer for Life Choice Hospice, a former member of the Geriatric Advisory Council and the happiness expert for Pink Wisdom.



Evelyn Minaya, M.D.

Dr. Evelyn Minaya's life's mission has always been the same – taking care of people. It is with great joy that

she walks into her office every day and has the privilege to take care of patients – medically, spiritually and holistically. It is truly gratifying to Dr. Minaya to see her patients for many years and the future generations of their families.

Since the age of 5, she had a desire to be a doctor. She was born and raised in New York (you would know based on her accent!) and all her training was also from New York. Dr. Minaya is a board certified OB/GYN who has been in practice for 24 years. She is the Clinical Director of Women's Community Outreach at Riverview Medical Center and is very involved in bringing awareness to women's health care with passion and compassion. She believes in empowering women with knowledge so they can take better care of themselves and in turn their families.



Gemma Nastasi

Gemma Nastasi has been an entrepreneur for over 30 years. In 1988 she formulated a building and development corporation, Shoreline East Development Inc. where she was the CEO.

In 2009 she used her years of experience of problem solving and customer relations to start her journey and follow her life's passion of helping others live happier and healthier lives.

Gemma received her certification in holistic nutrition from the American College of Healthcare Sciences in 2012. After working with many clients, she realized that poor self-care was a symptom of a bigger problem. Many of her clients were unhappy with their life and suffered with poor self-esteem. She realized that the mind and body connection could not be overlooked when trying to live a happier and healthier life. Gemma went on to study positive psychology and received her certifications in applied positive psychology and coaching.

from a 2-year Integrative Medicine Fellowship at the University of Arizona under the teaching of Dr. Andrew Weil and his colleagues. In addition, she has completed all the coursework necessary to become a Certified Fellow by the Institute of Functional Medicine under the direction of Dr. Jeffrey Bland, Dr. Mark Hyman and their colleagues. Dr. Miller has been certified by Dr. Dale Bredesen on the Recode Protocol, a protocol that successfully reverses Dementia and Cognitive Decline in patients with mild to moderate impairments.

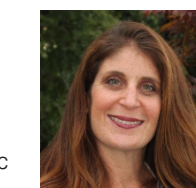


Julianne Cantarella, MSW

Julianne Cantarella, MSW is a licensed Social Worker and The Original, New Jersey's Matchmaker. She is the owner and founder of New Jersey's Matchmaker, LLC, a boutique Matchmaking and Relationship Coaching firm she established in 2009. Beyond Matchmaking, Julianne's Mission is to EMPOWER women to take control of their love lives so they can create the relationship they desire and deserve. A renowned dating coach, Julianne is the creator of a one-of-a-kind, transformational-coaching program that's helped hundreds of women find love.

Julianne is a New Jersey native, born and raised in Bergen County, NJ where she still resides. Not only does she talk the talk, but she walks the walk as she has been married to her soul mate over 22 years and has three children. She possesses a BSW from Ramapo College of New Jersey and an MSW from Fordham University.

Julianne is recognized nationally as a Relationship Expert, she has appeared as an expert guest on CBS, Live from the Couch, "This Emotional Life Project" on PBS, WOR 710 Radio (NY's #1 AM news/talk radio), iHeart Radio's CYACYL radio show. She is also a regular contributor to CYACYL 24/Seven magazine and along with several other New Jersey publications. Julianne has also consulted to eHarmony for their prestigious Diamond program. She is a regular guest speaker at many live events, conferences and workshops.



Jessica S. Miller, M.D.

Dr. Jessica S. Miller, M.D is a board Certified Psychiatrist who specializes in Integrative and Functional medicine, using a holistic approach to treat her patients. She received her M.D. from New York Medical College in 2000. She then completed her residency training at Harvard Medical School in the Department of Physical Medicine and Rehabilitation in 2004. Upon completion of her residency, she moved to Houston, Texas to join the Facility as an Assistant Professor in the Department of Physical Medicine and Rehabilitation at Baylor College of Medicine. Dr. Miller graduated

Resilience

- Buddha Booth reflection and meditation space
- Organic skincare tutorials by Chamonix
- Light and sound mindfulness experience by LYT
- Decompress with group acupuncture
- Hackensack Meridian Health Women's Wellness Awareness (gynecology, lung screening, genetics)
- Paint the Town Pink

Nutrition

- The Cocoa Exchange sampling
- Organic samples by Dean's Natural Food Market
- Fulfill food bank and community resource
- Hackensack Meridian Health Reshape Your Health meal planning and recipes
- Learn the benefits of local honey, meet the bee keeper and check out the hive

Activity

- SkyBlue FC of the National Women's Soccer League
- Yoga demos by Lotus Lounge
- Tilton Fitness powered by Hackensack Meridian Health
- The Redef Movement dance company
- CrossFit Razor
- Rejuvenate your muscles with Artistry of Touch Massage

Purpose

- Glowing Forward personal wardrobe styling tips for attendees
- Lead U youth empowerment group
- ETTWomen entrepreneurial networking group
- Mary's Place by the Sea cancer patient support
- Monmouth University Career Services - resume and LinkedIn profile reviews

Sleep

- The Grateful Tea, offering herbal tea samples and plant-based herbal awareness
- Tools for being well-rested by Hackensack Meridian Health Center for Sleep Medicine
- Barlow's Flower Farm and Garden Center plants for your bedroom
- Bedroom feng shui by Body Space Alignment
- Make your own lavender sachet
- Learn how to Make your Dreams a reality with Laura Smith from 77WABC.



Paramount Theatre

A heartfelt thank you to all of our partners who collaborated with Hackensack Meridian Health to offer our guests a truly rockin' experience.