

# Resilient Mind & Body (REM-BOD) Conference



July 29<sup>th</sup> 2023, 9AM-1PM The Newnan Centre, Newnan, GA

Presented by Paragon Inc ([www.smahb.org](http://www.smahb.org))

## Agenda

TIME	TOPICS	SPEAKERS
8:30-11:00A	Breakfast and registration	
9:00- 9:20A	Introduction	Todd Dixon
<b>SESSION 1 (15-minute talk per speaker)</b>		
09:20AM - 09:40AM	Impact of Stress on Your Body	Gathline Etienne MD
09:40AM - 10:00AM	Diet & Wellbeing	Nandini Sunkireddy MD
10:00AM - 10:20AM	Exercise & Wellness	Paulette Lewis DPT
10:20AM - 10:40AM	Mindfulness & Intention	Corey Jacobs
10:40AM - 11:00AM	Self-love & Purpose	Sophia Cannon LPC
<b>11:00AM - 11:15AM: BREAK</b>		
<b>SESSION 2: Panel Discussion Moderated by Todd Dixon</b>		
11:15AM - 12:00PM (Q&A with all speakers)		
<b>12:00PM -4:00PM: LUNCH, EXHIBITORS, Vendors, Biometric Screenings by Ramp Health....</b>		

# Meet Our Speakers



**Gathline Etienne MD** is a visionary Neurologist and Neuro-Ophthalmologist with over a decade of experience, which has shown her how the mind can impact the body. This has catalyzed her passion in overall wellness and founding Paragon Inc: A nonprofit geared towards bringing resources and events that will help her patients and community be well.

To deeper her understanding and insights of policies and outcome measures in healthcare, she holds several certifications, including Harvard University's Global Health Delivery, Stanford's Positive Psychology of Well-being, Wellness Coaching and is also part of several national health organizations to help introduce wellness into healthcare.



**Nandini Sunkireddy MD** is a dedicated Physician in Family, Obesity and Lifestyle Medicine with over 10 years of experience, and currently practicing in Atlanta Georgia. She is dedicated to helping her patients achieve their personal health goals, by utilizing a tailored and holistic approach, where she incorporates multiple modalities such as lifestyle changes, nutrition, exercise, medication, or surgery when necessary. She also is the founder of the sought after YouTube channel "Style Your Health MD," where she posts weekly videos on various health topics to help raise awareness. She also enjoys spending time with family, speaking at various events, and is actively involved with the Charity Clinic in Cumming, Georgia.



**Paulette Lewis, DPT** is the dedicated owner of Neu-Level Therapy and Wellness and holds a Doctorate in Neurological Physical Therapy where she has over 18 years of experience as a skilled neurological physical therapist. Dr. Lewis is an internationally sought-after Parkinson's Disease therapist, and speaker. She describes herself as a life-long learner, former educator, and an exercise enthusiast. She sits on the board of Paragon Inc. and is a passionate advocate for better health and wellness for everyone, especially her clients.



**Corey Jacobs** is a charismatic, certified yoga and meditation instructor. As an avid learner and life coach, he has been an evangelist for creating a healthy lifestyle through philosophical education, wellness & spiritual travel adventures, physical movement, breathwork, healthy cooking, and deep meaningful connections. His personal mantra is Life is to Grow, to Inspire, and to Play. Combining his decade of experience in business development, consulting, and medical sales with being a creative self-starter, he is now the Founder and Chief Strategy Officer of GLUED Global Consulting. Their mission is to equip employees with resilience tools thereby bridging the gap for personal and professional growth.



**Sophia Cannon LPC** is a compassionate Licensed Professional Counselor and Life Coach, who herself overcame the trauma of escaping the 92<sup>nd</sup> floor in the historic 9/11 contretemps. Her strong mantra of hope and faith are the foundations to helping clients move through some of life's toughest obstacles. As a trailblazer, she has left her indelible mark by being a 6X Best Selling author, solvent abuse exponent, clinical director, and founder of 92 Reasons; a multi-dimensional counseling and educational sodality, specializing in mending those burdened by the traumas of hopelessness and addiction. In addition to holding a Master's degree in Clinical Rehabilitation Counseling, she holds multiple certifications including being a licensed Minister. Inspired by innate adjacency with God, Sophia Cannon principles faith as the captancy by which she governs both her practice, and her life.