

# JOIN

15<sup>th</sup> NATIONAL PRESIDENT

Gwendolyn A. Lindsay

STAYING HEALTHY  
IN 2022!



Continental Societies, Inc.<sup>®</sup>

presents

Virtual  
Health Wellness Night

*"Nurturing Yourself  
so you can Nurture Others"*



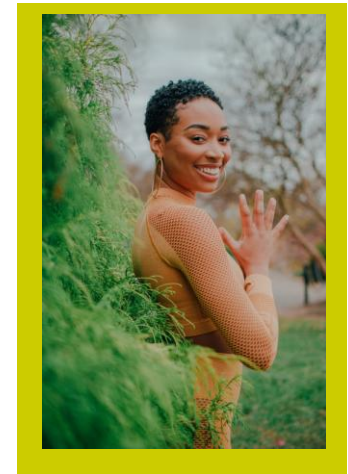
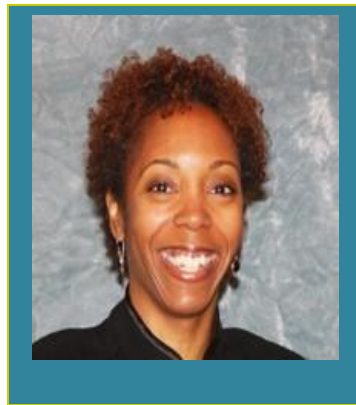
WEDNESDAY, JANUARY 26, 2022  
7:00 PM – 8:30 PM (EST)

# MODERATOR



Carol B.  
Williams, M.D.

## GUEST SPEAKERS



### Featured From Left to Right

**Dr. Alice Freeman: Founder and Owner** - Healthy Heart Plus, LLC (HHP) and Healthy Hearts Plus II (HHP II)

**Karen Ashton-Sterling**, Certified: Fitness and Zumba Instructor and Respiratory Therapist

**Virginia Caine, M.D.**, Director and Chief Medical Officer-Marion County Public Health Department

**Lera G. Joseph, M. D.**, Founder, Chair & CEO-CVCHIP (Central Virginia Coalition of Healthcare Providers, LLC) and Charles City Medical Group.,Inc. Owner

**Keonna Knight**, Owner and Founder: Heal with Keonna LLC-Liberation Coach & Wellness Educator and Certified Yoga Teacher (CYT-200)