

Wellness Series

PRESENTER

Samaiyah Mahmoud

An African American Muslim woman, born and raised in Newark, NJ. She converted from Christianity to Islam in 1973, when she joined the Nation of Islam organization. Thereafter, she began studying the Sunnah of AL-Islam, through many Islamic leaders, scholars and sheiks throughout NJ and NY. She was inspired daily through prayer, reading the Qur'an, Yoga, and meditation. Her siblings, adult children, granddaughters, nieces and nephews, family, and friends, confirm her Being. She is a retired Training Specialist from Corporate America. She graduated with a Bachelor's degree in Liberal Studies.

Samaiyah is accomplished and enjoy using many skills to provide a service to humanity. As an RYT200 Certified Yoga teacher/trainer, she invites you to experience a feeling of balance within your body, mind, and soul toward well-being. Many of her yoga certifications include Basic Yoga, Yoga for Seniors, Kids Yoga, Yoga Nidra, Couples Yoga, and Yoga, to name a few.

Worskshop: Chair Yoga

This popular class is based on the belief that mental and physical health are interrelated, and should be conditioned together. All of the classes at Yogafitness4me attempt to coordinate breathing and physical movement, improve focus and concentration, and help participants regain control of their body and mind.

Friday, December 8 and Sunday, Decmeber 10

7:00am - 8:00am

Pimilco/Belmont Rooms



Yogafit4me@gmail.com



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Hajjah, Dr. Hajirah Abdus-Salaam

Completed her Hajj rites in Mecca, Saudi Arabia as a guest of Allah (swt) in 2014 receiving the title of Hajjah. She is a Board Certified Naturopathic Doctor, Certified Iridologist, Certified Natural Health Practitioner, Health Coach and CEO of Read A Healthy You "Wholistic Health." Her study of wholistic healing began over 40 years ago under the tutelage and guidance of world-renowned health practitioner, Dr. Bernard Jensen, D.C. PH.D.

Workshop:

The Emotional Healing Power of Words & Flowers -

Allah's (Natures) Approach to Emotional Wellness. 7 Word Levels that have the power to evaluate and 38 Bach Flower Essence that can bring balance to your emotional wellness.

Friday, December 8

4:00pm - 5:00pm

Conference Rooms A/B

A graduate of Trinity School of Natural Health receiving the Naturopathic Doctor (ND) designate. A graduate of the Institute of the National Association of Certified Natural Health Practitioners (CNHP). A graduate of Old Dominion University with a B.S. Degree in Interdisciplinary Studies with a double concentration in Science and History. She received her (BCND) Board Certification via American Naturopathic Medical Association and is a current member. A member of the International Iridology Practitioner Association (IIPA) and Society of Complementary Alternative and Holistic Practitioners (SCAHP).

Dr. Abdus-Salaam is also an Islamic Educational Consultant. Receiving her certification from the Islamic Teacher Education Program (I.T.E.P.), University of Toronto, OISE Canada - Ontario Institute of Studies in Education. She is an instructor with Islamic Learning Institute teaching the language of Arabic Quran - Fusha. Her next pursuit is the study of Hijamah - cupping removing toxicity from the body. Her heart-felt joys: Currently a Portsmouth Master Gardener, Community Gardening, Sewing, Line Dancing, Reading, Community Liaison-Feeding and Clothing the Homeless special concentration helping homeless teens and assisting mature adult seniors.



www.readahealthyyou.com
drhajirah@readahealthyyou.com



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Hajjah Dena Corbin

Dena Corbin is a retired Special Education Teacher, having worked 32 years, a wife, a mother, grandmother and Best-Selling Author of *Change Balance & Flow: An Essential Oil Journey*; which highlights her transition from working all her life to living the rest of her life and the impact of using Therapeutic Grade Essential Oils played in balancing her mentally, emotionally and physical through it all.

She is a Certified Horticultural Therapist, certified in the Utilization of Therapeutic Grade Essential Oils for Holistic Transformation, a Master Gardener, and presently enrolled in the Rutgers Environmental Steward Program graduating in October 2023. Selected to present a TEDx Tara Blvd Talk on Reframing the Idea of Gardening was a transforming experience. In 2021 Dena earned a certificate in Applied Positive Psychology (CAPP) which focuses on the concepts and tools of flourishing and applied approaches to optimal functioning.

Dena Corbin received the Greater Newark Conservancy Nelson Mandela Freedom Award in 2022 for service to the Greater Newark Conservancy and the Newark community.



Worskshop:

Viewing Wellness through a Different Lense - An Essential Oil Journey with a focus on the 8 Dimensions of Wellness & Well-being; through Change, Balance and Flow.

Friday, December 8

4:00pm - 5:00pm

Conference Rooms A/Bs



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Wellness Series

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Workshop: Meditation: Understanding Mindfulness

Broaden your understanding of mindfulness, it's origin, history and true meaning. Explore the countless benefits and simple ways to incorporate mindfulness into your daily practices. We assure you that this interactive workshop will be empowering, resourceful and stimulating to all of your senses. You will leave in a more peaceful and balance state of being.

*Saturday, December 9
8:00am - 9:00am
Seminar Rooms*

Laila Muhammad

Sister Laila is a fifth generation African American Muslim. She is an educator, community advocate and writer. Sister Laila was born in Philadelphia, PA, raised in Chicago, IL and now living in Roselle, NJ. She holds a degree in Child Development, with extensive studies in Behavior Science. She is a certified Domestic Violence Advocate, certified private Mediator and certified Reiki practitioner. Her goal is to work with individuals and the collective towards mutual Human Excellence, for the benefit of all. We invite you to visit

<http://www.sisterlaila.com/about.html>



Wellness Series

PRESENTER

Hajjah Haneefah Salim

Sister Haneefah has a Bachelor of Science degree in Health Care Administration. She is AAAI/ISMA, Certified in Personal Training, Aerobics, Yoga, Stress Reduction Meditation and Relaxation and Senior Fitness. She is the founder and owner of FitnessLifePro.

Sister Haneefah has over 10 years of experience and training in the Health, Wellness and Fitness field. Her expertise is in Personal Training and Group Fitness for the young and old.



Workshop:

Complete Body Works (for all levels-chairs will be available)

This workout will include an interval, workout with cardio and strength training, followed by a cool down, stretching, breathing, balancing, and relaxation, using yoga techniques.

Saturday, December 9

7:00am -8:00am

Pimilco/Belmont Rooms



CERTIFIED FITNESS LIFE PRO
www.FITNESSLIFEPRO.com

