

THE ROCKLEIGH

2026 WELLNESS GALA

FRIDAY MAY 15
7:30-11:30 PM

 WWW.WELLNESSGALA.ORG

INFO@WELLNESSGALA.ORG



HOW THE WELLNESS GALA

was born

The Wellness Gala was created to bring people together around the shared belief that well-being is essential, not optional. What began as words on a page evolved into a desire to create something tangible—a space where the values of Ella Shae’s book, *From Broken to Beautifully Broken*, could come to life through connection, conversation, and collective action. The gala brings people together around the belief that mental, physical, and emotional well-being are essential and interconnected, not optional luxuries. By blending community, education, and philanthropy, the Wellness Gala transforms inspiration into impact, raising awareness and support for initiatives that make holistic care more accessible and sustainable for all.

After Elisa D’Amelio (author Ella Shae) was discharged from the eating disorder unit, she began to write her memoir, *From Broken to Beautifully Broken*. Recognizing that without a support system she would be unable to remain in recovery, Elisa soon realized there was something larger being overlooked in the wellness community—relatable stories from those with **first-hand** experience. Too many people were keeping **their** stories locked away in shame. *From Broken to Beautifully Broken* became a **bestseller** and a **number-one new release**, and soon emails began flowing in—asking for guidance, explaining how the message of the book had helped them, and thanking her for creating a safe, relatable space where everyone could feel seen and heard. That’s when the Wellness Gala became not only an idea, but a necessity.

Teaming up with the founder of **WithIn by Sabrina**, Elisa was determined to make this gala different from the rest. Sabrina, an integrative wellness coach, brought the perspective Elisa was missing. Her ability to teach the importance of health across the entire body, and the crucial necessity of living a healthy lifestyle, was exactly what the gala needed. Together, Elisa and Sabrina focused on how the gala could save lives—not just raise money. They wanted to create a space for deep conversation, while also fostering an atmosphere of fun, laughter, and letting loose with loved ones and friends.

The women decided that each year a different beneficiary would be chosen in order to support people across many different aspects of wellness. Shortly after creating the framework of the gala, they brought on Nicole Greco-Peepas. Nicole's insight into the importance of fitness was so valuable that she became the first member of the Wellness Gala committee. Together, these three women formed a powerhouse of knowledge, experience, and guidance. Making the Wellness Gala successful felt effortless, as so many people were longing for a place where they could feel seen and heard in their own struggles. The Wellness Gala has **proven** to be a place where people can find their voices and their freedom—all while feeling beautiful and enjoying a night that fosters connection and authenticity.

ABOUT THE 2026

Wellness Gala

Join us for an inspiring evening dedicated to raising awareness at “The Wellness Gala,” powered by ReVelist. This special night will highlight stories of hope and resilience. The gala will take place on May 15, 2026, at The Rockleigh, located at 26 Paris Ave., Rockleigh, NJ, and will bring together community leaders, mental health advocates, and supporters who share a passion for healing, hope, and human connection. The goal is to raise funds for The JED Foundation, a nonprofit organization. Proceeds from the event will directly support The JED Foundation’s mental health initiatives, including equipping individuals, strengthening schools, and mobilizing communities.

This gala promises an enchanting evening filled with powerful storytelling, community connection, and a shared commitment to mental health advocacy. Elisa D’Amelio (author *Ella Shae*) will host the event, sharing her journey and insights into the importance of mental wellness while highlighting the mission behind her novel. Co-hosting will be Sabrina Cosentino, founder of *Within* by Sabrina, an integrative health coaching company that emphasizes wellness as a whole.

New to 2026, Engie Hassan and Irene Karandrikas, the two founders of ReVelist, will power the Wellness Gala . ReVelist is the curator of a wellness ecosystem built on something different: rest comes first. This is a space where we are seen, not coached. Supported, not fixed.

Nicole Greco-Peepas, a dedicated fitness professional, will be a guest speaker, encompassing fitness as a key component of mental health.

Emily Crumb, a suicide attempt survivor who has become an advocate for mental health awareness and resources, including the 988 Suicide and Crisis Lifeline, will be our special guest and keynote speaker, sharing her story of hope.

Guests will enjoy:

- Live musical talent, a DJ, and dancing to celebrate fostering connection
- A delicious cocktail-style dinner with passed hors d’oeuvres and desserts
- A culinary experience by The Only Caviar
- A tequila specialty bar
- A live auction
- Red carpet interviews and photo opportunities

2025: The inaugural celebration at The Rockleigh, NJ, highlighted the re-launch of *From Broken to Beautifully Broken*. Donations benefited Project Blackbird’s initiative providing free mental health therapy for students for a year.

Tickets for the gala are available for purchase at www.wellnessgala.org. We invite community members, mental health advocates, and anyone passionate about fostering hope and healing to join us for this significant evening.

Publications



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2026 PARTNERSHIP

opportunities

Entertainment, Bar, Valet or Coat Check Sponsorship \$2000

- 2 tickets to the event
- Logo Placement on the Step and Repeat
- Full-page ad in the event program
- On-stage recognition
- Social media spotlight
- Personalized acknowledgement sign at The Gala
- Company info and item in the Swag Bag

Platinum Sponsor \$1200

- Logo Placement on the Step and Repeat
- Logo included in the event program
- On-stage recognition
- Social media spotlight
- Acknowledgement sign at The Gala
- Company info and item in the Swag Bag

Gold Sponsor \$800

- Logo Placement on the Step and Repeat
- Logo included in the event program
- Social media acknowledgment
- Acknowledgement sign at The Gala
- Company info and item in the Swag Bag

Silver Sponsor \$500

- Logo included in the event program
- Acknowledgement sign at The Gala
- Company info and item in the Swag Bag

Friends and Family Sponsorship \$200

- Acknowledgement in the event program

The Wellness Gala and its organizers are not acting as an agent, affiliate, representative, or fiscal sponsor of The Jed Foundation, and the The Jed Foundation is not a party to this Agreement. Sponsorship and ticket purchases are non refundable.



ABOUT

the founders & team

About Elisa D'Amelio:

Elisa D'Amelio, founder of Ella Shae, is a passionate advocate for mental health awareness and the author of *From Broken to Beautifully Broken*. Through her writing and public speaking, she seeks to inspire others to embrace their stories and seek healing in their journeys.

About Within by Sabrina:

Within by Sabrina, founded by Sabrina Cosentino, is an integrative health coaching company that emphasizes a holistic approach to health. By uncovering the root causes of health issues—mental, physical, and spiritual—Within empowers individuals to achieve overall **well-being**.

About Nicole Greco-Peepas:

Nicole is a dedicated fitness professional, entrepreneur, and philanthropist passionate about inspiring others through wellness, connection, and empowerment.

About ReVelist:

ReVelist is the curator of a wellness ecosystem built on something different: rest comes first. This is a space where women are seen, not coached. Supported, not fixed. ReVelist isn't another platform handing out a to-do list for better self-care—it's a community created alongside women, rooted in science, shaped by real stories, and grounded in the belief that midlife isn't a problem to solve. ReVelist exists to help women pause without guilt, reconnect with themselves, and step into what's next with clarity instead of exhaustion. Because when women come together without the pressure to have it all figured out, everything changes.

About The JED Foundation (our 2026 beneficiary):

The JED Foundation is a nonprofit organization committed to protecting emotional health and preventing suicide among our nation's teens and young adults, giving them the skills and support they need to thrive today—and tomorrow. JED hosts various health events, including wellness workshops and a wellness gala, to promote mental well-being and resilience. Suicide is a leading cause of death among young people and one that is preventable. JED's work is guided by its evidence-based framework, the Comprehensive Approach to Mental Health Promotion and Suicide Prevention, originally adapted from the U.S. Air Force's suicide prevention strategy and honed by two decades of experience. Today, JED's work centers on three areas of focus: Equipping Individuals, Strengthening Schools, and Mobilizing Communities.

- JED is the leading nonprofit focused on the mental health of teens and young adults.
- JED partners with schools, communities, and individuals to build resilience, encourage help-seeking, and prevent suicide.
- Your support allows JED to expand its impact and reach more young people with lifesaving programs and resources.

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TRACKING HAPPINESS



WELLOFF  PODCAST



2025

Wellness Gala in Action



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“An evening you don’t want to miss!

— Ryan Kristafer, Fox 5’s Good Night New York

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