



**WOMEN'S**

**EMPOWERMENT**

**HEALTH**

**FEST**

**JUNE 28, 2026**

**10:00 AM-01:00 PM**

**VIRTUAL**

## WHAT TO EXPECT

**EXPERT-LED WORKSHOPS AND SEMINARS** WITH ACTIONABLE TAKEAWAYS  
WELLNESS ACTIVITIES AND FITNESS SESSIONS FOR ALL LEVELS

**MENTAL HEALTH SUPPORT** AND MINDFULNESS PRACTICES TO RESET AND RECHARGE  
COMMUNITY BUILDING AND NETWORKING WITH LIKE-MINDED ATTENDEES AND PARTNERS.

**HEALTH LEGAL INFO** ON HEALTH-RELATED LEGAL MATTERS, SUCH AS MEDICAL RIGHTS, MEDICAL MALPRACTICE, AND ESTATE PLANNING QUESTIONS

**SUPPLEMENTAL HEALTH INSURANCE** INFO OPTIONAL COVERAGE THAT CAN PROVIDE AN EXTRA LAYER OF FINANCIAL SUPPORT WHEN UNEXPECTED HEALTH NEEDS ARISE.

**COMMUNITY BUILDING AND NETWORKING** WITH LIKE-MINDED ATTENDEES AND PARTNERS

## WHO SHOULD ATTEND

THIS FESTIVAL WELCOMES ALL WOMEN—REGARDLESS OF AGE, BACKGROUND, OR WHERE YOU ARE ON YOUR HEALTH JOURNEY. WHETHER YOU'RE SEEKING NEW HABITS, TRUSTED INFORMATION, OR A SUPPORTIVE COMMUNITY, YOU'LL FIND INCLUSIVE SPACES DESIGNED TO MEET YOU WITH RESPECT, ENCOURAGEMENT, AND PRACTICAL VALUE.