



JUNIOR LEAGUE OF
EL PASO



THE **WOMEN'S**
WELLNESS
SUMMIT

By the Junior League of El Paso, Inc.

HEALTH | WELLNESS | BALANCE

MAY 19, 2022

EL PASO, TX

HOTEL PASO DEL NORTE



WWW.JLEP.ORG

ABOUT US



JUNIOR LEAGUE OF EL PASO

The Junior League of El Paso, Inc. (JLEP) is an organization of women united by the desire to building better communities. JLEP's mission is to promote voluntarism, develop the potential of women, and improve the community through the effective action and leadership of trained volunteers. JLEP offers unique opportunities for personal growth through comprehensive leadership development and training, community service, and lifelong friendships and connections. By welcoming all women, JLEP thrives through its members' diverse backgrounds, interests, and experiences.

Now entering its 90th year serving the El Paso community, JLEP has had a lasting and positive impact in the Borderland through projects and programs originating since the early 1930's. Many of these projects are still active and going strong today.* Through these projects, JLEP has addressed the most pressing community issues and funded innovative solutions to drive transformational change in El Paso. An integral part of our community, JLEP is committed to identifying and helping solve the problems that face the region, particularly the many challenges of mental and physical health. In 2016, the JLEP voted to focus on creating awareness of and embracing mental and physical health. Several projects were initiated since fruition and new projects continue to evolve.

ABOUT THE WOMEN'S WELLNESS SUMMIT

In early 2020, the JLEP Training Education and Development Committee (TED) began researching to bring a new women's conference to El Paso for the 2021-2022 League year. With the pandemic shedding even more light on a need for mental and physical wellness and resources for women in our community, the theme for our conference was born. In October 2021, the JLEP membership voted to approve a new fundraiser- The Women's Wellness Summit, a full-day conference dedicated to women's mental and physical health, wellness, fitness, body image, self-care, stress management, balance, and more. The date for the event was set for May 19, to occur during mental health awareness month.

This event was brought to life by the 2021-22 TED committee, eager JLEP member volunteers, speakers, sponsor partners, and a supportive community. This is at the heart of what the Junior League does best, bringing people together to build better communities. The proceeds from The Women's Wellness Summit furthers our mission by financially supporting our community projects and programs.

*For a full list of Junior League of El Paso projects, please visit www.jlep.org



THE WOMEN'S WELLNESS SUMMIT

By the Junior League of El Paso, Inc.

THURSDAY, MAY 19, 2022

SUMMIT SCHEDULE

9:00 AM OPENING

Main Ballroom **Wendy Lanski**, President, Junior League of El Paso, Inc.

9:15 AM PLENARY SESSION "On The Tee"

Main Ballroom **Kristi Albers**, El Paso Golfer and Executive Director of First Tee- Greater El Paso
Moderated By: Erin Coulehan, The City Magazine- Managing Editor

10:00 AM BREAK

10:15 AM BREAKOUT SESSIONS

Armadillo
Longhorn
Room

Three Generations: The Support of Family in Boxing

Kayla Gomez, El Paso Boxer and Youth Pan American Gold Medalist and Family- **Crystal and Cindy Aceves**

Moderated By: Alexis Rossi, JLEP Diversity and Inclusion Chair

Pancho Villa
Room

Women Invested in Wellness

Lindsay Jaffee, Leadership Coach and Principal at Intentional Leadership Advising, LLC
Emma Schwartz, President, Medical Center of the Americas Foundation, and CEO of BIO El Paso-Juarez
Cynthia Boyar Trejo, Founder & Chief Encouragement Officer, Her Element Network

Moderated by: Deanna Oberle, JLEP TED Committee

11:15 AM RETAIL THERAPY BREAK

Mezzanine

12:00 PM KEYNOTE SESSION "Competing For Myself" & LUNCH

Main Ballroom **Aly Raisman**, Gold Medal Gymnast & Advocate
Moderated By: Stephanie Valle, ABC-7 at 5, 6, 10 Anchor and Borderland Crimes podcast

1:00 PM RECHARGE SIT & STRETCH

Main Ballroom **Orangetheory Fitness**

1:15 PM BREAK

1:30 PM WOMEN'S WELLNESS IN THE BORDERLAND

Main Ballroom

Panel of Health Experts

Karen Herman, M.D., Owner and Medical Director of Rejuvené MD
Melanie Longhurst, Ph.D., Assistant Professor & Psychology Training Director, TTUHSC El Paso, Psychiatry
Daisy Nieto, M.D., Board Certified in Cardiovascular Disease and Internal Medicine
Bridget Swiney, M.S., R.D., L.D., Registered Dietician and Award-Winning Author
Moderated by: Praveen Patel, JLEP Civic Engagement Chair

2:30 PM CLOSING

Main Ballroom **Rebecca Serros**, JLEP TED Committee Chair

3:00 PM WINE DOWN NETWORKING HOUR

El Mirador
Rooftop Bar

SPEAKERS

KEYNOTE SPEAKER COMPETING FOR MYSELF



ALY RAISMAN
Gold Medal Gymnast and Advocate

Aly Raisman, team captain of the gold medal winning Women's Gymnastics teams in 2012 and 2016, is the third most decorated American gymnast of all-time. The most decorated U.S. gymnast at the 2012 Games, Raisman captured the hearts of millions as she became the first American gymnast to win gold in the floor exercise. One of only three U.S. gymnasts to make back-to-back teams in more than 20 years, she helped guide the team to gold and landed a silver medal performance in the All-Around competition at the 2016 Games.

A leader on and off the floor, Raisman uses her platform to help normalize the conversation around mental health, encourage positive body image and promote the importance of self-care. In her New York Times best-selling memoir, *Fierce*, she shares the highs and lows of her journey, including her survival of sexual abuse. Inspired by an army of survivors, Raisman continues to advocate for systematic changes within the sport of gymnastics and the eradication of sexual abuse.

PLENARY SPEAKER ON THE TEE



KRISTI ALBERS
Executive Director of the First Tee - Greater El Paso

Kristi Albers is an El Paso golf legend. She is a three-time City Champion. A first team All American at the University of New Mexico, a 21-year career on the LPGA TOUR and a tournament winner at the Sprint Classic which at the time as the richest payday in the history of not just the LPGA Tour but in all of women's athletics. Kristi has moved from competition to administration and is now the Executive Director of the First Tee - Greater El Paso.

The First Tee is a youth development program where life skills, core values are taught through the game of golf. First Tee - Greater El Paso is one of 150 chapters in 1,200 program locations that enable kids to build the strength of character that empower them through a lifetime of new challenges through the game of golf. Kristi launched the First Tee - Greater El Paso in 2008. She worked and mastered every position in the El Paso chapter. Along with leading the First Tee-Greater El Paso, Kristi coaches the Cathedral High School golf team. She is a member of the El Paso Athletic and Golf Halls of Fame and honored as a Conquistador by the city of El Paso. She is a member of the Rotary club of West El Paso and the Pan American Round Table.

Kristi's main focus is youth golf these days but that's not to say she doesn't still play the game. She finished 21st in the very first USGA Senior Women's U.S. Open. She played in an impressive 16 U.S. Opens with a trio of top ten finishes and last year made the cut at the Senior Open as well.

BREAKOUT SESSION 1: THREE GENERATIONS- THE SUPPORT OF FAMILY IN BOXING



KAYLA GOMEZ, CRYSTAL & CINDY ACEVES **El Paso Boxer and Youth Pan American Gold Medalist**

Kayla Gomez, born and raised in El Paso, TX is a teen boxing athlete who competes with Team USA. Gomez was inspired by both Cindy Aceves, grandmother and Crystal Aceves, mother who are also her coaches. Gomez started boxing at the age of nine and is on the rise as one of the highest-ranked boxers in the country for her division.

Highlights include being the first ever Youth Pan American Gold Medalist, Thirteen-time National Champion, and a Four-time International Gold Medalist. She was recently named Under Armour Youth Female of the Year and USA Boxing Youth Female Boxer of the Year for 2021. Gomez is currently seeking to compete in the 2024 Olympics in Paris with Team USA.

BREAKOUT SESSION 2: WOMEN INVESTED IN WELLNESS



LINDSAY JAFFEE

Leadership Coach and Principal at Intentional Leadership Advising, LLC

Lindsay Jaffee, is a certified leadership coach and business advisor in El Paso, Texas. Over years of managing and developing people, Lindsay discovered a passion for helping others find their authentic leadership voices and lead high-performing teams and it is this passion that drove her to pursue a career in leadership coaching and training. Lindsay received a BA in International Relations and

History from the University of Pennsylvania and a JD from The University of Texas School of Law. She was certified by the Leadership Coaching for Organizational Performance program at Rutgers University and is a member of the International Coaching Federation. Lindsay is also certified through Take Flight Learning for Taking Flight with DISC and Coaching in Style.



EMMA SCHWARTZ

President of the Medical Center of the Americas Foundation, and CEO of BIO El Paso-Juarez

Emma Schwartz serves as the President of the Medical Center of the Americas Foundation, and as CEO of BIO El Paso-Juarez. Since founding the MCA with her Board in 2006, she has been the keeper of the vision for the medical campus and the strategist for the life sciences industry on the US-Mexico border. Emma strongly believes that healthy bodies help develop healthy minds. She actively

competes in full and half USAT-sanctioned triathlons as well full and half marathons, such as the 2020 LA Marathon and IronMan 70.3 Oceanside. Emma is also currently training for the Mighty Mujer triathlon El Paso, IronMan 70.3 Victoria Canada, IronMan 70.3 Santa Cruz and Escape from Alcatraz triathlon. She supports the Junior League and the Women's Wellness Summit's vision of wellness, balance, and health.



CYNTHIA BOYAR TREJO

Founder and Chief Encouragement Officer of Her Element Network

Cynthia Boyar Trejo is an Entrepreneur, Educator and Advocate who is dedicated to empowering women. With 25 years of excelling in business, sales and marketing, Cynthia focused her efforts on assisting women to optimize their advancement in their career and in business. She helps transform women's lives with leadership and professional development training programs, seminars and workshops inspiring women to become leaders in their communities. Cynthia is the Founder and Chief Encouragement Officer of Her Element Network – a Leadership Training and Consulting Company. She is also President of In Her Element Foundation, a 501c3 that empowers, supports and guides underrepresented minority women and girls to the forefront in leadership.

SPEAKERS continued...

WOMEN'S WELLNESS IN THE BORDERLAND PANEL OF HEALTH EXPERTS



KAREN HERMAN, M.D.

Owner and Medical Director of Rejuvené MD- Aesthetic Dermatology and Restorative Medicine

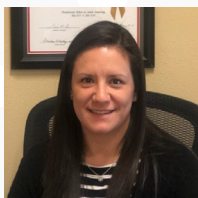
Dr. Karen Herman is the owner and medical director of Rejuvené MD, an Aesthetic Dermatology and Restorative Medicine practice located on the west side of El Paso since 2020. She also practices medical and surgical dermatology at The Dermatology & Aesthetic Center of El Paso, located central and east side El Paso over the past 20 years. She was raised in El Paso, went to Washington University for her undergraduate training, and Medical College of Virginia for her medical degree. She is a board certified diplomat and fellow of American Academy of Family Medicine, board certified with American Academy of Aesthetic Medicine and an associate member of American Academy of Cosmetic Surgery, American Society for Laser Medicine and Surgery, and the International Society for Sexual Medicine. She is a national speaker and trainer for laser and energy devices and treatments.



MELANIE LONGHURST, PH.D.

Assistant Professor & Psychology Training Director, Department of Psychiatry, TTUHSC El Paso

Dr. Melanie Longhurst is an Assistant Professor, licensed clinical psychologist, and Psychology Training Director in the Texas Tech University Health Sciences Center El Paso (TTUHSC-EP) Department of Psychiatry. Dr. Longhurst also works in collaboration with residents and faculty in the TTUHSC-EP Department of Family and Community Medicine Kenworthy as a behavioral health specialist and core faculty member of the residency program. She earned a M.Ed. in Guidance and Counseling from the University of Texas at El Paso and a Ph.D. in Counseling Psychology from Texas Tech University. She completed her pre-doctoral internship and post-doctoral fellowship in Clinical Psychology at the South Texas Veterans Health Care System specializing in Primary Care Behavioral Health Integration and Health Psychology. She is a native El Pasoan and passionate about increasing access to mental health services and wellness, as well as multicultural issues impacting our community.



DAISY NIETO, M.D.

Board Certified Cardiovascular Disease Physician

Dr. Daisy Nieto is a board certified physician specializing in cardiovascular disease at El Paso Cardiology Associates, P.A. Dr. Nieto was born and raised in El Paso, TX. She moved to Iowa to play volleyball in college and came back to Texas for medical school in San Antonio. She spent four years in Minnesota doing her Internal Medicine residency. She re-entered the state for her cardiology fellowship at the world-renowned Texas Heart Institute in Houston, TX before coming back to El Paso to serve her hometown. She lives in the Sunset Heights area with her husband and two daughters.



BRIDGET SWINEY, M.S., R.D., L.D.

Registered Dietician, Award-Winning Author, and Women's Nutrition and Wellness Expert

Bridget Swiney is an award-winning author and well-regarded nutrition expert specializing in women's health and family nutrition. In her 25+ years as a registered dietitian, she has worked in public health, as a clinical dietitian, in child nutrition, diabetes education and weight management. She spreads the message of healthy eating through her blog eatrightmama.com where she focuses on her passions of helping women who are pregnant or trying to conceive and helping moms feed their families a bit better. Bridget's media interviews number in the hundreds and include: Good Morning America, Weekend Today, Later Today, The Food Network, WGN, CNN Accent Health and Fox on Family as well local stations around the country. She is the author of three books; her latest book is *Eating Expectantly: Practical Advice for Healthy Eating Before, During and After Pregnancy*. Watch out for her upcoming book: *Healthy Eating for Women at Every Stage: Habits for a Long and Vibrant Life*.

EMCEE

MASTER OF CEREMONY



MONICA THOMAS

On-Air Radio Personality-103.7 Stealth Classic Rock, Emcee, and JLEP member

Monica is a proud El Paso native. She has a passion for love, positivity, and fun! Monica is a very energetic personality and always remains busy with work and volunteerism. Monica currently is an on-air personality for 103.7 Stealth Classic Rock radio station in Alamogordo, NM, and the general manager at Orangetheory Fitness Coronado.

She is married to her best friend Tyler for almost 4 years and spends a ton of time with her other best friend- her Mom. She is the proud Mother to her pug, Cosmo, and is a proud foster pug parent. Monica is a true lover of radio and just recently celebrated 15-years in the business. Monica just finished her provisional year with the Junior League of El Paso, Inc. and in her first year as an active member will serve as the 2022 A Christmas Fair Auction Chair.

MODERATORS



ERIN COULEHAN

The City Magazine- Managing Editor

Erin Coulehan is the managing editor of The City Magazine and lifelong El Pasoan. Erin holds a Master's degree in Journalism from Georgetown University and English Literature from UTEP, and has worked in print, digital, and broadcast media. Erin's work can be found in The New York Times, Rolling Stone, Teen Vogue, Glamour and more.



STEPHANIE VALLE

ABC-7 at 5, 6, 10 Anchor and Borderland Crimes podcast host

Stephanie Valle started as an intern with ABC-7 in 2001. A majority of her tenure was on Good Morning El Paso as either a reporter, the anchor and the executive producer. In January of 2020, she assumed the role as main co-anchor of ABC-7 at 5, 6 and 10.

Stephanie's anchoring and reporting has been commended by the Texas Associated Press Broadcasters and her podcast series, Borderland Crimes, was nominated for a Lone Star Emmy in 2021. Stephanie has been recognized by the community, having been voted best news anchor and reporter in local publications, including in 2021 by The El Paso Times and The City Magazine.

Stephanie has two amazing children, sits on the board for Candlelighters of El Paso, an organization dedicated to serving children with cancer and their families, and while she has run a marathon, enjoys running shorter distances.

THANK YOU TO OUR 2022 SPONSORS!



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MAKE AN IMPACT

Join the



JUNIOR LEAGUE OF
EL PASO

Women, building better communities.

The Junior League of El Paso, Inc. (JLEP) empowers women through leadership, training, and development, to positively impact the El Paso community.



FOR INFO ON HOW
TO JOIN



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LEARN MORE AT WWW.JLEP.ORG

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2022-2023 COMMUNITY PROJECTS

FOCUS AREA: EMBRACING MENTAL AND PHYSICAL HEALTH

In 2016, the membership voted to focus its volunteer and funding efforts on initiatives that promote awareness of mental and physical health. The Junior League of El Paso, Inc. will support efforts to foster a greater understanding of mental and physical health in our community and will promote healthy lifestyles and accessible preventive health services for the greater El Paso community.

RETURNING PROJECTS



Music Therapy is the Junior League of El Paso's longest running community project and is entering its 33rd year of volunteer service in 2022-2023. It is a well-respected project within The Association of Junior Leagues International (AJLI) and has been highlighted for its longevity and impact in our community.

Music Therapy's "Good Time Singers" provide activity for aging El Pasoans in the form of musical performances and nurturing contact within the adult day care centers and nursing home facilities in our community.



The Village

A Junior League of El Paso Community Collaborative

The overarching goal of **The Village** is to serve as a community collaborative addressing mental and physical health awareness through respite, recreation activities, health promotion, and educational resourcing. Together, we will address the negative social and emotional effects of COVID-19 by maximizing our efforts to empower El Pasoans to improve their mental health.

Junior League members will be trained to become knowledgeable connectors to mental health resources, as we create coalitions with local non-profit organizations, mental health professionals, educational intuitions, and other agencies working in this area.

The six key priorities of The Village will focus on programming for Mental/Behavioral Health, Mindfulness, Nutrition and Wellness, Physical Activity, Food Security, Family Unity, and Socialization.

THE VILLAGE PARTNERS:



NEW PROJECTS



THE CHILDREN'S MUSEUM

Zoning into a Child's Imagination



JUNIOR LEAGUE OF
EL PASO

Currently under construction, The Children's Museum and Science Center of El Paso is scheduled to open in early 2023. Recently, the Museum was named **La Nube: The Shape of Imagination**. La Nube, Spanish for "the cloud", represents the inspiration one can take from the clouds above. La Nube will provide children and families with opportunities to develop 21st-century skills and to accelerate innovative and creative thinking.

The Junior League of El Paso, Inc. will work with La Nube to develop and invest in an interactive Zone for the Museum, utilize its volunteers to create special activities, establish educational programs, and initiate a docent program. Junior Leagues and Children's Museums have a long history together and we are inspired to embrace this opportunity to positively impact our community.



JLEP *A Diamond
in the Desert*

DIAMOND JUBILEE

What Started with the JLEP Changed El Paso

Established in 1933, The Junior League of El Paso, Inc. will be celebrating 90 years of positive impact on the El Paso community throughout the coming year. **Diamond Jubilee** will highlight the success and lasting legacy of some of the Junior League's most successful projects by collaborating with The El Paso Community Foundation, El Paso Holocaust Museum and Study Center, the Miracle League, CASA (Court Appointed Special Advocates), and the El Paso Botanical Garden at Keystone Heritage Park.

This project will serve to educate our community, as well as our members, on the lasting contributions of our organization. What started with the Junior League of El Paso, Inc., continues to change our community.

DIAMOND JUBILEE PARTNERS:



EL PASO
COMMUNITY
FOUNDATION



Keystone Heritage Park
Archaeology | Wetlands | Botanical Gardens

**EL PASO
HOLOCAUST
MUSEUM
AND STUDY CENTER**



CASA
Court Appointed Special Advocates
FOR CHILDREN
CASA OF EL PASO, INC.





JUNIOR LEAGUE OF EL PASO

To learn more about JLEP's current and past community projects, plus upcoming opportunities to support JLEP, visit our website at www.jlep.org.



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SPECIAL THANKS TO OUR 2022 PLANNING COMMITTEE

Rebecca Serros, TED Chair
Christy Hines, Sustaining Advisor
Erica Aguayo, TED Committee
Miranda Alvarez, Vice President Communications
Vanessa Amos, PR & Marketing Chair
Nicole Anchondo, Provisionals Committee
Sonja Baumgarten, TED Committee
Gracie Cain Viramontes, TED Committee
Jessica Fierro, D&I and TED Committee
Marisa Flores Mendivil, Fair Set-up Committee
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Debi Hicks, Resource Development Chair
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Erin Miller, Vice President of Finance
Alyssa Nava, TED Committee
Praveen Patel, Civic Engagement Chair
Deanna Oberle, TED Committee
Alexis Rossi, Diversity & Inclusion Chair
Jessica Villalva, RDC Assistant