

2022 INDEPENDENCE FREEDOM FESTIVAL

WOMEN'S EXPO

Saturday, July 2, 2022

10 am - 4 pm

CONCURRENT SESSIONS	Focus	Session	Description	Presentors	Biographical Statements
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Business

1	Entrepreneurship Focus	Sarting a Home Business: Secure that Bag	During the pandemic, more people left their jobs than ever. Learn how to find a business you can do at home. We will help you identify your passions and create a business you would love to do. Also, discover how to find the financial resources you need. "If you find a job you love, you'll never work again" Winston Churchill.	Laura Thompson	Laura Thompson was born with an entrepreneurial spirit. She has represented clients like HEB, CPS Energy, VIA Metropolitan Transit, SBC Global, University Health, Glory Foods, CNG Engineering just to name a few. She always saw gaps in the business world that did not include African Americans, our youth and women, so she set out to create those opportunities for all. She is currently the Creator and CEO of TAAN TV – The African American Network, a digital television network; founder of Sistas in Business an organization that provided information and networking opportunities for African American women; she is an author, publisher of Who's Who in San Antonio, the African American edition; ghostwriter for 3 books and wrote and published 2 books of her own. She was the owner of Laura Thompson Agency, a media and public relations firm for 16 years .
2	Entrepreneurship Focus	Who do you Know???	Networking is about establishing, building, and nurturing long-term, mutually beneficial relationships (personal/professional) with the people you meet. Are you networking efficiently and effectively? Building successful networks is the key to a successful business.	Laura Thompson	Laura Thompson was born with an entrepreneurial spirit. She has represented clients like HEB, CPS Energy, VIA Metropolitan Transit, SBC Global, University Health, Glory Foods, CNG Engineering just to name a few. She always saw gaps in the business world that did not include African Americans, our youth and women, so she set out to create those opportunities for all. She is currently the Creator and CEO of TAAN TV – The African American Network, a digital television network; founder of Sistas in Business an organization that provided information and networking opportunities for African American women; she is an author, publisher of Who's Who in San Antonio, the African American edition; ghostwriter for 3 books and wrote and published 2 books of her own. She was the owner of Laura Thompson Agency, a media and public relations firm for 16 years .
3	Retirement Focus	Retirement: Starting Small	It's never too soon to start small and think about financing your future. Most of us never have thoughts of retirement when we are young. Come learn how to make small changes or investments that will make a big difference when you retire.	Juanita Stephen	Juanita Stephens is CEO of JStephens Wealth Management and is an experienced Wealth Manager of 18 years. She helps her clients build long-term wealth through education and communication. She conducts financial literacy classes to ensure that the community as a whole is not left behind.
4	Kid Focus	Counting your Coins	Kids can come learn the importance of putting money aside. Growing gifts.	TBA	
5	Wills, Estate Planning Focus	Leaving A Legacy: Preparing For and Handling the Death of a Loved One	Join Attorney Whitney Thomas as she briefly discusses the importance of proper estate planning and the legal situations that arise when a loved one passes away.	Whitney Thomas, J.D	She has been quoted in newspaper and magazine articles, including Austin Business Journal and Ujima Magazine. She conducts monthly "Wisdom & Wealth" educational seminars and has been a guest speaker at conferences such as the Executive Women in Texas Government. She was also featured on the ABC/Yahoo Remake America series.

Relationships

6	Body / Spiritual Focus	Men-O-what??? Let's talk about it!	Menopause is way more than hotflashes!!! It's physical, emotional, etc. and it effect's the entire family. Let's all talk about!	TBA	
7	Mind Focus	Do you!	How to reduce stress and take care of "us" through prayer/meditation, devotion, self-reflection and journaling.	Sandra Webster-Brown, LPC, NCC	Sandra Webster-Brown LPC, NCC (she/her) is a counselor in Live Oak, TX specializiong in Anger Management and Anxiety, in addition to other issues.

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8	Personal Support Focus	UNPLUGGED!	Let's turn off our phones and have a conversation with each other.	Dr. Keely Holland Petty	Dr. Keely is a Certified Life Coach, Cognitive Behavior Therapist, Temperament Counselor, Certified Mental Health Instructor, CPI Verbal De-escalation Instructor, Recovery Coach, and a Substance Abuse Prevention Training Specialist. She is a graduate of The FBI and DEA Citizens Academy, The University of Incarnate Word with a BA in Communication Arts, a Masters and Doctorate Degree in Christian Counseling from The Royal Priesthood Academy, and is a Professional Clinical Member of the National Christian Counselors Association, and the National Association of Cognitive Behavior Therapy. Dr. Keely is a Prevention Consultant with the Opioid Response Network State Targeted Network. She joyfully shares her life with her husband Pastor Lee, Jirah, Fallon, Norah, and Jonathan.
Health					
9	Body Focus	Zuumba: Let's Get Physical	Zuumba instructor will demonstrative the basic moves of this fun and energizing exercise.		Waynette N. Turner, EdD, MA, MCM,LPC, NCC, is a native of San Antonio, Texas. She is an ordained Minister and Founder/Chief Executive Officer of Tabernacle Generation Ministries, Operations Director of Turner of Life Counseling and Principal of WayTurner Consulting, LLC. She is a Spiritual Teacher, Mentor and Community Advocate, and believes that "Happiness is a choice, but joy is the promise."
10	Mental Health Focus	"Feel My Pain: Connecting Grief to Anxiety, Depression and Boundaries"	This workshop will show you how to connect it to anxiety, depression & boundaries.	Dr. Waynette Turner, Licensed Professional Counselor, EdD, NCC, MCM	
11	Mental Health Focus	"Families and Mental Health: Smiling on Our Journey"	A community dialogue regarding mental wellness where participants will increase their understanding of mental health and practice healthy group dialogue. The purpose of this community conversation is to help families engage in healthy dialogue while learning how to care for their personal mental health and that of their families.	Donnie Windham Whited, Psy.D. and Donna Costa, LMSW	Donnie Windham Whited, Psy.D. – National Alliance On Mental Illness (NAMI) SA, Board member and Educational Committee chairperson. Dr. Whited oversees a variety of Signature NAMI programs and services for individuals, family members, friends, professional, schools and communities. Donna Costa, LMSW – The Cohort Development Coordinator for NAMI-Bridges to Care San Antonio. In this role, she connects faith communities and organizations with mental health trainings that support them with creating mental health initiatives within their communities.
Happy Hour					
12	Body Focus	Line it up!!	Come learn the latest line dances	Toni Armstead	Toni Armstead is an instructor of line dancing, blues, R&B, jazz, hip hop Soul and zydeco dance.