

# MONMOUTH

## health & life

### WEforum Health & Wellness Conference

Monmouth Medical Center  
Barnabas Health

## WEforum Appoints 2016 Wellness Ambassadors

Monmouth Medical Center, a Barnabas Health facility, recently announced its inaugural WEforum, a Women's Health and Wellness Conference to be held on April 20, 2016 at the Ocean Place Resort and Spa in Long Branch. A female-led organization, WEforum's mission is to strengthen the health and wellness of communities within New Jersey. WEforum targets women because they're often the guardians of health maintenance for their families, as well as for themselves. Capsulizing the deeper mission of WEforum is their tagline,

**"When you educate a woman, she empowers her family, and together WE can evolve a community."**

The day-long conference, designed to provide an opportunity for participants to gain a fuller understanding of caring for their health and that of their family's through education and early prevention, will include approximately 30 different workshops led by experts with the latest information on specific health and wellness topics. Proceeds from the conference will support free wellness education workshops and programs through Monmouth Medical Center to make vital health care information accessible to the entire community.

WEforum is thrilled to announce the 2016 Wellness Ambassadors selected for the inaugural Women's Health and Wellness Conference. The Wellness Ambassadors draw from an array of health-minded disciplines, but share a common conviction that empowering women with their best mind & body health serves a greater good for their communities. Through their individual passions the Wellness Ambassadors collectively mirror the three touchstones of WEforum: Educate. Empower. Evolve.

"The Wellness Ambassadors will represent WEforum and its mission to strengthen the health and wellness of



our communities in New Jersey. This inaugural group was specially selected because they truly embody what it means to lead a healthy lifestyle," Carolyn C. DeSena, a member of the Board of Trustees for Monmouth Medical Center Foundation and Chair of WEforum, explains. Wellness Ambassador Katy Fraggos echoed Ms. DeSena's sentiment stating, "Now, with WEforum and the network of inspirational women involved, this positive community can grow exponentially. This kind of collaboration, education, and empowerment is how real change is made on a large scale."

The collaboration of WEforum and the Wellness Ambassadors joining in a collective effort to support Monmouth Medical Center is best summed up by Wellness Ambassador Jen Portman's business vocation's namesake, "Synergy - the creation of a whole that is greater than the sum of its parts." Take an important step towards better health by joining WEforum on April 20, 2016 for the Women's Health and Wellness Conference. Tickets will be going on sale soon. Advance ticket price will be \$99. Regular admission will be \$125. Event Sponsorships and Vendor participation are available. To learn more about the event and these opportunities, contact Davina Feingold at 732.923.7521 or [dfeingold@barnabashealth.org](mailto:dfeingold@barnabashealth.org).

### 2016 Wellness Ambassadors:

- Lori Brown - New Jersey-based T3 Lacrosse
- Jen Portman - Synergy Hot Yoga
- Lisa Matthews - Monmouth Beach Yoga & Wellness
- Dani Rubin - Pilates Blast
- LB Kass - LB Kass THE STUDIO
- Alex Mazzucca & Cara Pescatore - Seed to Sprout
- Reggie Flimlin - juice basin
- Ashley Bissett - 3B Fit
- Katy Fraggos - Perspirology
- Stefanie Hicks - CrossFit Shrewsbury
- Megan Gridley - MegaCycle
- Mary Claire Pennotti - Manasquan's Tandem Cycle
- Ginger Whitenack - Clementine Cycling Studio



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