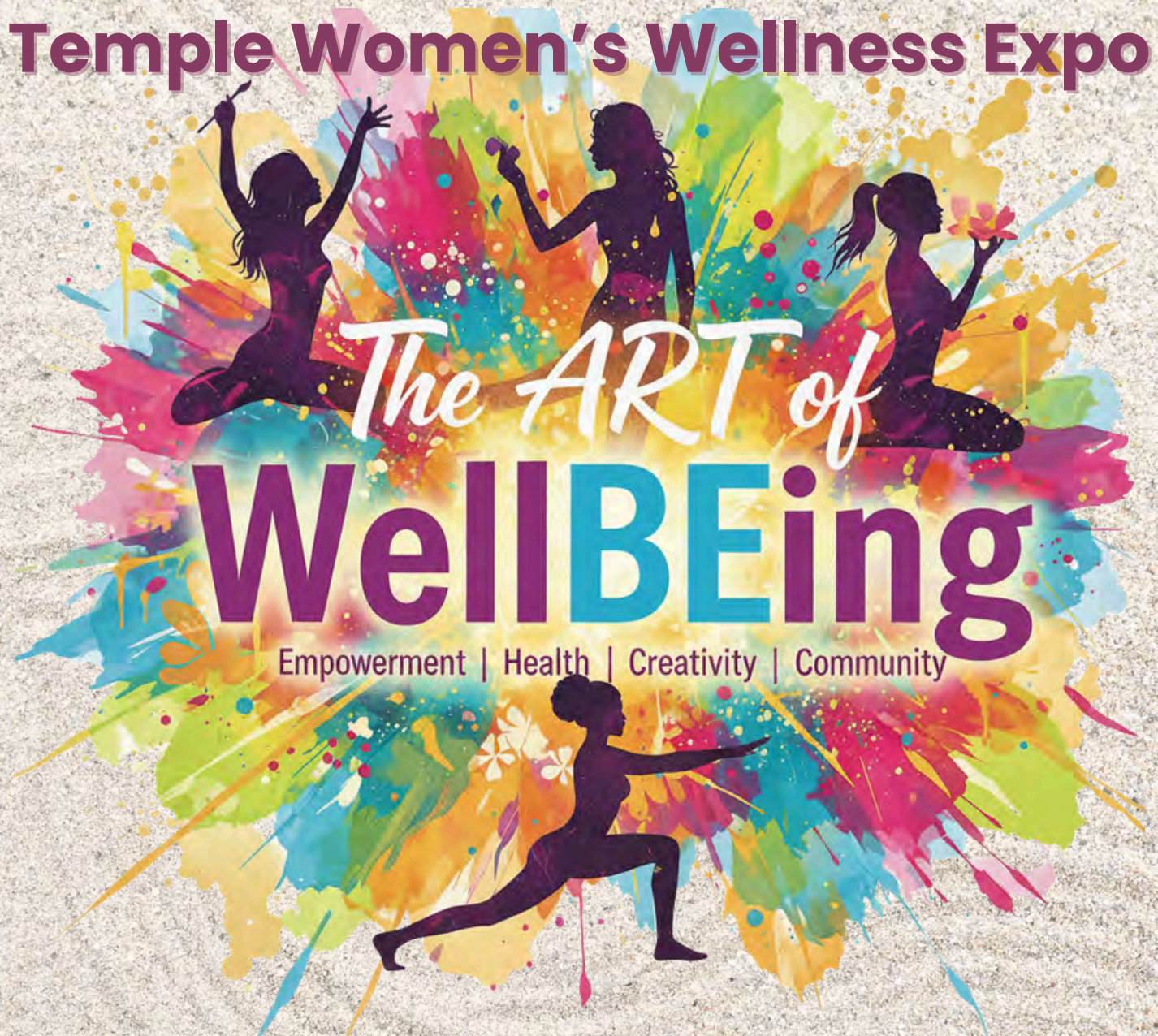
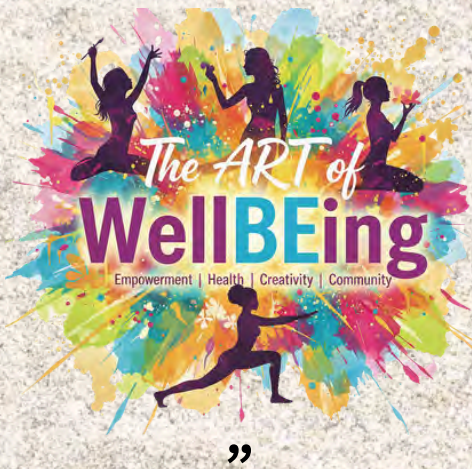


Temple Women's Wellness Expo



**“A rejuvenating day of Movement,
Mindfulness, and Artmaking”**

Keynote Speakers and Program Facilitators



EVENT SNAPSHOT

Date: Saturday, June 20, 2026

Time: 8:30 AM – 1:30 PM (Half Day Retreat)

Location: Cultural Activities Center – 3011 N. 3rd Street, Temple, Texas 76501

Objectives

- **Engage in interactive learning through keynote address, and guided workshop discussions**
- **Promote stress reduction and emotional wellbeing through creative expression**
- **Introduce gentle movement and breathwork for relaxation and grounding**
- **Share practical tips to support daily health**
- **Build community and social connection among participants**

Welcome – City of Temple and Temple NAACP

Dr. Zoe Grant serves as President of the NAACP Temple Branch, where her leadership continues a legacy of advocacy, civic engagement, and community empowerment. A Silver Life Member of the NAACP and the first Black City Councilwoman for the City of Temple, she brings both historic perspective and forward-focused leadership to the work of advancing equity and opportunity.



Dr. Grant is widely recognized for her commitment to improving the wellbeing and safety of underserved populations, including youth, seniors, veterans, and families throughout the region. Through her leadership, the NAACP Temple Branch actively supports and invests in initiatives—such as this Women’s Wellness Expo—that create meaningful, lasting impact in the community.

Her extensive service includes leadership across numerous civic, nonprofit, and advisory boards, along with recognition for her contributions to public service and community advancement. A licensed minister and founder of Zoe’s Wings Foundation, Dr. Grant’s work reflects a holistic approach to service—grounded in compassion, faith, and action.

Dr. Grant’s presence and support help ensure that efforts like the Temple Women’s Wellness Expo are not only possible, but impactful, bringing resources, awareness, and opportunity to those who need it most.



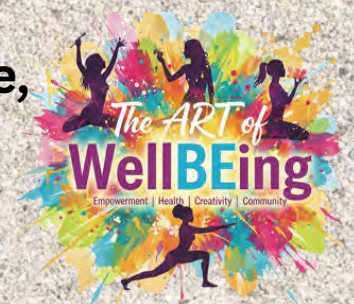
Emcee & Moderator

Debbie Simmons Evans is a nationally respected strategic advisor, facilitator, and community advocate with more than 40 years of leadership experience. As Chair of the Temple NAACP's Women in NAACP, and a founding organizer along with Ami Hooper of the Temple Women's Wellness Expo, she has helped shape its vision from inception —growing it into a meaningful space that centers the wellbeing of women and the broader community.



A servant leader at heart, Debbie is deeply engaged in initiatives across Central Texas that uplift and empower individuals, particularly women and children. Through her work, she brings people together to align vision, strengthen connection, and create lasting impact.

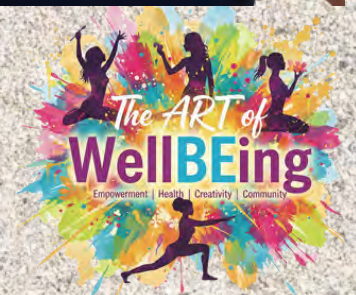
As Founder of Essential Advisors Corporation and one of the Founders & Owners of Engaging Solutions LLC, she partners with organizations to navigate change, engage stakeholders, and translate vision into practical, sustainable outcomes. Debbie is known for creating spaces where collaboration, purpose, and action come together to move communities forward.



Keynote Opening Message – “Setting the Stage for Wellness Success” - Begin the day with a powerful and practical message that invites you to rethink what it means to live well. Drawing on decades of experience, Dr. Sulak will share insights that help you understand the root causes of common health challenges and introduce realistic, sustainable strategies to improve physical, emotional, and overall wellbeing. This keynote sets the foundation for a day of intentional growth, awareness, and lasting impact.

Patricia J. Sulak, M.D.

Dr. Sulak is a nationally recognized physician, educator, researcher, and sought-after speaker with more than 40 years of experience improving the health and wellbeing of individuals and communities. She is Co-Founder of Living Aware, a holistic wellness program designed to help people of all ages elevate their health, happiness, and quality of life.



Patricia J. Sulak, M.D. cont.

Widely known for her innovative work in women's health, Dr. Sulak now focuses on helping individuals understand the root causes of common health challenges and adopt practical, sustainable strategies for lasting change. Through her keynote presentations, programs, and educational resources, she equips audiences with the tools to make meaningful, life-enhancing decisions. Her distinguished career includes national recognition such as "Best Doctors in America," "Texas Super Doctors," and the American College of Obstetrics and Gynecology Community Service Award. Dr. Sulak brings both professional expertise and personal insight into her work, inspiring others to live with greater intention, balance, and well-being.



Keynote Closing Message – A reflective and inspiring close that weaves together mindfulness, wellness, and creativity into one harmonious experience. Participants will be invited to pause, integrate what they have experienced, and carry forward a renewed sense of purpose, presence, and personal wellbeing.

Ariane Hollub Secret, Ph.D., OTR, MCHES®

Dr. Secret is the Founding Director of the Public Health Program and Associate Professor at the University of Mary Hardin-Baylor, and an instructor at TCU's School of Medicine. With expertise spanning occupational therapy, health education, and behavior, she brings a thoughtful and community-centered approach to her work, creating meaningful opportunities for reflection, connection, and lasting impact. She resides in Temple with her husband, Jamey, and their two fur babies.



Mindful Movement – Tammy Hebert will guide us through gentle movement designed to re-energize the body and refocus the mind, while highlighting the benefits of physical activity for overall wellbeing.

Tammy Hebert is a Doctor of Physical Therapy, Board Certified in Geriatrics, and a Certified Yoga Instructor with specialized training in Functional Manual Therapy and Medical Therapeutic Yoga. Throughout her career she has worked with people aged 0 to 102 and activity levels from bed bound to Olympian. Helping people find freedom and joy in movement is her passion.



Mindful Journaling – Fine tune your wellbeing through guided reflection and intentional writing. In a calm and welcoming space, you will explore meaningful prompts designed to deepen self-awareness, support clarity, and encourage thoughtful action—offered in a way that is both accessible and personally relevant.

Anna Morris is a coach who creates thoughtful, reflective spaces where individuals can pause, reconnect, and gain clarity. Through her work, she helps others deepen self-awareness, explore meaningful questions, and translate insight into intentional action. Her approach is grounded, supportive, and designed to meet people where they are—inviting growth in a way that feels both accessible and transformative



Mindful Meditation - Settle into the roots of your wellbeing through guided breathing and meditation. In a safe, welcoming space, you will build self-awareness and simple tools for self-regulation—grounded in the tradition of yoga and delivered in a way that is meaningful and accessible.

Sarah Boggan Dodd - Sarah is a former professional ballet dancer who has taught yoga since 1996 and has practiced Ashtanga Yoga since 2001, maintaining a lifelong dedication to the discipline. She is an E-RYT 200, a Yoga Alliance Continuing Education Provider, and has trained extensively with leading teachers, including her primary mentor, David Swenson.



She holds a BFA in Dance from Texas Christian University and brings over 15 years of professional dance experience into her teaching. Sarah is committed to honoring the tradition of yoga while delivering a practice that is meaningful and accessible to her students.



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Jazmine Sheard, RYT-200, is a registered yoga teacher dedicated to making yoga accessible to all. With more than seven years of experience as both a practitioner and instructor, she creates safe, welcoming spaces where students can develop self-awareness and learn tools for self-regulation. In this workshop, participants will explore intentional breathing techniques and be guided through a meditation designed to cultivate presence.



Creative Expression – Heart Canvas - Step into a creative experience that invites reflection, connection, and expression. Each participant will create an individual piece that contributes to a collective display, symbolizing shared purpose and community. In a welcoming space, this session encourages you to explore your voice and be part of something meaningful that will be featured in the Cultural Activities Center gallery.

Kandice Harris - As Director of Visual and Performing Arts at the Cultural Activities Center, she leads programming that fosters creativity, collaboration, and community connection. With a background in visual and performing arts, education, and communications, she creates inclusive spaces where individuals can engage, express, and grow.

She holds a BFA in Theatre from Sam Houston State University and an MA in Communication from Angelo State University and brings experience leading initiatives that elevate arts and education.



Temple Women's Wellness Expo



RSVP for Free Ticket



Free
Ticketed
Event

<https://qrco.de/artofwellbeing>

Workshops, Vendors & Featured Speakers

Featured Speakers

Dr. Patsy Sulak, MD & Dr. Ariane Secret

Mindful Journey with:

Sara Boggan Dodd

Kandice Harris

Tammy Hebert

Anna Morris

Jazmine Sheard

Saturday, June 20, 2026 | 8:30am - 1:30pm
Cultural Activities Center
3011 N 3rd Street, Temple, TX 76501

Sponsors



Empowering Women and Girls to WIN



living **WELL**aware™

PATRICIA J. SULAK, MD
JEFFREY A. WAXMAN, MD



