

Other fun includes:

- Conversation with Supermodel turned Super Mentor Tyra Banks, and her mama Carolyn London, about their new book *Perfect is Boring: 10 Things My Crazy, Fierce Mama Taught Me About Beauty, Booty, and Being a Boss*
- Womenologist panel Q&A with: Dr. Jessica Miller (physical medicine), Dr. Evelyn Minaya (OB/GYN) and Julianne Cantarella, MSW (relationship expert)
- Positive Psychology presentation by Gemma Nastasi, author of *Happy, Healthy Life and The Positive Psychology Diet: 21 Days to a Happier and Healthier Life*
- **New for 2018** is the addition of the **Man Cave**, made especially for the men who support the women in their lives. Have a question about your health or the wellness of a special man in your life? Chat with our men's health experts, receive valuable information to bring home and take advantage of multiple free health screenings. To be announced - Special guest athlete sure to "kick up the fun" in the man cave! NFL games to also be streamed live.
- Express how you ♥ your Five Pillars through a fun paint project with the Women's Heart Fund
- *Women Who Rock* Hall of Fame awards
- Guest emcees Lou Russo from 94.3 The Point and Katie Neal from NASH-FM, plus their street teams
- Rockin' music by DJ Electra
- Raffles and a swag bag filled with goodies



Women ROCK



*It's time to rock your health
and rock your life!*

The event is free, so register by calling 877-745-8526 or visit HackensackMeridianHealth.org/WomenRock.

In lieu of an admission fee, please bring a healthy food item to donate to Fulfill. Suggestions here: <http://fulfillnj.org/donate-food-most-needed-items/>

For the latest updates on vendors, speakers, and event schedule, check the website regularly!



Hackensack
Meridian Health

Integrative Health & Medicine

HMH-0586_WR_08.18-1M_SPS

3rd Annual Women ROCK Event

Sunday, October 14, 2018

Noon - 5 p.m.

Asbury Park Convention Hall
and Paramount Theatre

Hosted by



Hackensack
Meridian Health

Women ROCK will once again be a headlining act at Convention Hall and Paramount Theatre this October! The day is designed to help women of all ages and lifestyles connect with and celebrate their full potential through inspiring words, experiential activities and by honoring *Women Who Rock* in our community. During these special moments, you will learn how to **play** the moments, **pause** the memories, **stop** the unhealthy habits, **rewind** the happiness, and **fast forward** to well-being.

Experience a host of interactive activities designed to promote wellness and happiness by focusing on the health of your mind, body, and spirit. Every year we offer new ways to explore the Five Pillars of Health & Well-Being – *Sleep, Activity, Purpose, Nutrition, Resilience* and this year is no different. Here's a sneak peak at some of the vendors who will be joining us:

Recharge through Sleep



- The Grateful Tea, offering herbal tea samples and plant-based herbal awareness
- Hackensack Meridian *Health* Center for Sleep Medicine
- Barlow's Flower Farm and Garden Center plants for your bedroom
- Bedroom feng shui by Body Space Alignment

Incorporate Activity in your life



- SkyBlue FC of the National Women's Soccer League
- Yoga demos by Lotus Lounge
- Tilton Fitness powered by Hackensack Meridian *Health*
- The Redef Movement dance company
- CrossFit Razor
- Rejuvenate your muscles with a therapeutic massage



MIND ▸ BODY ▸ SPIRIT

Sleep • Activity • Purpose • Nutrition • Resilience

Find your Purpose



- Glowing Forward personal wardrobe styling
- Lead U youth empowerment group
- ETTWomen entrepreneurial networking group
- Mary's Place by the Sea cancer patient support
- Monmouth University Career Services

Fuel your mind and body with proper Nutrition



- The Cocoa Exchange sampling
- Organic samples by Dean's Natural Food Market
- Fulfill food bank and community resource
- Wholesome Catering samples with fresh, local ingredients
- Hackensack Meridian *Health* Reshape Your Health meal planning and recipes
- Learn the benefits of local honey, meet the bee keeper and check out the hive

Build your Resilience



- Buddha Booth reflection and meditation space
- New Jersey Matchmaker relationship expert
- SoulShine crystals and healing practices
- Organic skincare tutorials by Chamonix
- Light and sound mindfulness experience by LYT
- Decompress with acupuncture and massage
- Paint the Town Pink women's wellness awareness