

# Slade&Associates, LLC

organizational consulting and training

## For Immediate Release

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**Bowie, MD, August 27, 2011** -- *You are cordially invited to the **Reginald F. Lewis Museum of Maryland African American History and Culture for the Wisdom, Wealth, and Wellness Conference** on Saturday, September 17, 2011 from 9:00 AM – 3:00 PM.*

In response to health, wellness, and financial challenges faced by many Americans, this conference brings together financial, medical, and fitness experts to help participants address their specific issues and interests. Phyllis Slade Martin, owner of Slade&Associates, LLC, explains that “this annual conference is designed to motivate individuals to take care of their physical, emotional, and financial well-being.” Conference attendees will receive health screenings by Bon Secours Hospital, opportunities to network with a diverse group of people who are making a difference in their communities, and answers to questions about their financial and physical well-being.

An award ceremony will recognize four outstanding individuals for their commitment and dedication to helping others in their communities, as well as a commitment to the principles of the **Wisdom, Wealth, and Wellness Conference**.

### Men and Women of Wisdom Award Recipients include

- Allen Gooden, 96 year-old Buckingham County, Virginia resident, Community Activist, Retired Educator, Entrepreneur, and member of the Alpha Phi Alpha fraternity since 1936
- Delegate Barbara A. Robinson, Maryland State Delegate representing the 40<sup>th</sup> legislative district (Baltimore City)
- Robert L. Wallace, President and CEO of the internationally recognized BITHGROUP Technologies and Entreat Learning Systems
- Carolyn Washington, President of Sisters4Sisters, Inc. - Prince George’s County, MD

*Town hall style panels will address financial planning and health and wellness strategies for success.*

### Financial Planning and Money Management Panelists include

- Walid L. Petiri, AAMS, RFC, Chief Strategist and Owner of Financial Management Strategies, LLC
- Harrine Freeman, CEO and Owner of H. A. Freeman Enterprises and author of *How to Get Out of Debt*
- Mary Grate-Pyos, President of Financially Focused, Inc. and author of *Wealthy Woman – Wise Choices*
- Francina R. Harrison, MSW, “The Career Engineer” and author of *A Mind to Work* - panel moderator

### “Ask the Doctors” Panelists include

- Athol Morgan, MD – Chief of Cardiology at Bon Secours Hospital – Baltimore, MD
- Elliece S. Smith, MD – Obstetrics and Gynecology
- Mary M. Ziomek, DDS – Dental Services
- Theodore Watkins, MD – Alternative Medicine
- Douglas Sims, DC – Chiropractic Services – panel moderator

Additional featured speakers include motivational educator **Bette J. McLeod** and fitness expert, **Wanda Bamberg Tia**, president of **WandaWoman Total Fitness and Wellness, LLC**

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**Registration Fee:** \$75 per person (Due by Wednesday, August 31, 2011). **Late Registration** (post marked after August 31) - \$125 per person due by Monday, September 8th.

**Registration Includes:** Conference Materials and Activities, Continental Breakfast, Lunch Buffet, Bon Secours Hospital Health Screenings, and Admission to Museum Exhibits.

Conference Strategic Partners include

- Agape Travel and Tours
- Associated Black Charities
- Sims Chiropractic
- Sisters4Sisters Network, Inc.
- The Career Engineers

501(c)3 organizations should make checks payable to: Associated Black Charities

**For More Information:**

Visit [www.sladeandassociates.com/events](http://www.sladeandassociates.com/events), Email [pslade@sladeandassociates.com](mailto:pslade@sladeandassociates.com), or Call 301.922.5421.

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