



## PRESS RELEASE

City of Los Alamitos  
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*Released 10/19/23*

### **Los Alamitos Elevate Women's Conference**

The City of Los Alamitos Recreation and Community Services Department hosted the 2<sup>nd</sup> annual Elevate Women's Conference on Wednesday, October 11, 2023. The half-day event occurred at the Los Alamitos Community Center from 8:30 a.m. to 1:00 p.m. Women were invited to experience an invigorating and captivating series of keynote speakers, breakout sessions, lunch, and group networking discussions. These activities were designed to help participants connect with other local women, committed to applying new concepts to help them achieve their best personal and professional selves.

Doors opened at 8:30 a.m. and participants enjoyed a serving of fresh sparkling grape and orange juice before entering the main event area. Stunning balloon arrangements decorated the halls and rooms reminiscent of sugar plums, melons, and sage, creating a cozy fall warmth and Boho-style theme. While waiting for the event to commence, participants were invited to partake in light refreshments, including fruits, yogurts, bagels, cheeses, pastries, coffee, tea, and water at their tables. A photo backdrop was also available for photo opportunities and a bag of giveaways were included with branded tote bags and goodies from sponsors on each chair. Beautifully designed programs were sponsored by Sir Speedy of Los Alamitos.

Senator Janet Nguyen welcomed the attendees and spoke about her personal experience of empowerment and overcoming obstacles. MemorialCare Long Beach Medical Center Dr. Jocelyn Craig also provided a warm welcome as the Premier Sponsor and spoke about medical resources and facilities available to participants. Mayor Tanya Doby kicked off the conference with an electric and uplifting keynote speech on "Resilience and transitioning from a surviving mindset to a thriving mindset." Following the Mayor, Michelle Boos of Five Elements Consulting Group delivered a second motivational keynote on the "Power of Positive DOING."

After a short break, two breakout sessions occurred at 10:15 a.m. and 10:45 a.m., offering participants a choice of one of three topics. Discussions ranged from learning about investments and skincare to navigating the complexities of menopause.

10:15 a.m. Breakout Session 1:

- Moving My Body for My Future by Kristin DiMiceli from Garage Pilates
- Managing Menopause by Dr. Jocelyn Craig, Medical Director at the Center for Women's Pelvic Health Within the Long Beach Medical Center
- Rules of the Road to Investing by Felicia Gonzalez, AAMS, Edward Jones Investments

10:45 a.m. Breakout Session 2:

- Skin is In by Natalia Barzotti, Beauty Lab Skincare
- The Invisible Weight We Carry by Tara Farajian, LCSW, Transitions in Motherhood
- Learn from a Career Prosecutor How to Unleash the Prison in Your Head by Tracy Miller of TM Consulting

Lunch was served at 11:15 a.m. and was catered by Panera. A total of four options were available for the boxed lunch: Ham, Turkey, Steak, or vegetarian. The lunch break was immediately followed by a small group networking session, providing ample opportunity for attendees to connect. Marie Knight provided a special closing presentation from Knight Leadership Solutions. Marie focused on finding stability within the ever-changing waves of life to help women adapt to the changes of life. This marked the 2<sup>nd</sup> successful Women's Conference for the Los Alamitos Recreation and Community Services Department. For future Elevate events throughout the year, an invitation was extended to everyone in attendance for future Meet Ups to gather together prior to the 2024 Elevate Women's Conference.

"This experience was new for me, and at the end of the conference, I felt a sense of purpose. I was able to connect with co-workers, community members, and local business owners. This event opened my eyes to really think and know who is a part of my village, and who will be there for me at any given moment." ~ *Eleanor Granflor, first-time attendee of Elevate Women's Conference*

"I first want to thank you for another amazing women's conference! I so enjoyed last year's conference that I invited two friends who joined me and thoroughly enjoyed the conference.

I guess sometimes you get to an age where you think you've heard most stories and know many things; certainly not everything but, many things. The speakers awakened the knowledge inside me and taught me new things I had not thought about...WOW! Thank you again for creating such an amazing event, and I look forward to the upcoming

meet ups and next year's conference!" ~ Ila Patterson, 2<sup>nd</sup> year Elevate Women's Conference attendee

In conclusion, this year's conference provided a time to recharge, hear from remarkable local leaders, meet new friends, and encouraged attendees to take time for themselves to do things that are fulfilling and uplifting, which will help them to feel healthy, balanced, confident, and empowered to take on each day. It was an incredible day of laughter, tears, inspiration, community, and connection.



