



PRESS RELEASE

City of Los Alamitos
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Elevate Women’s Conference

The City of Los Alamitos Recreation and Community Services Department hosted the fourth annual Elevate Women’s Conference on Wednesday, October 1, 2025. The half-day event was held at the Los Alamitos Community Center from 8:30 a.m. to 1:00 p.m. and was sponsored by Premier Sponsor MemorialCare Miller Children’s & Women’s Hospital Long Beach. The conference welcomed approximately 90 guests from Los Alamitos and surrounding communities. Attendees experienced an engaging lineup of keynote speakers, breakout sessions, networking opportunities, and a catered lunch. Every item was thoughtfully designed to empower women to pursue personal and professional growth.

Doors opened at 8:30 a.m. to a beautifully decorated room, softly lit and adorned with multiple lilac, pink, and white balloon arrangements, as well as fresh floral centerpieces. Guests enjoyed a light breakfast featuring fresh fruit, granola, yogurts, pastries, juices, and coffee. Each seat was meticulously prepared with branded lunch-size tote bags filled with practical goodies, including Tide stain remover pens, first aid supplies, hand sanitizer, notepads sponsored by PrintMasters, and more. An artistically designed event booklet was also provided outlining the day’s itinerary. The printed program was co-sponsored by Sir Speedy - Los Alamitos.

The morning began with opening remarks from Director of Recreation & Community Services/Director of Intergovernmental Affairs Emeline Noda, followed by Mayor Shelley Hasselbrink’s inspiring keynote presentation, “The Beautiful Chaos of Becoming: Learning to Celebrate the Highs (and Survive the Lows).” Attendees then heard a second keynote presentation by Gwen Hennessey of Hennessey Communications, who presented “You’ve got Style: Know Your Communication Style to Influence and Lead.”

After a brief networking break, guests participated in two rounds of breakout sessions, each offering three dynamic and diverse topics. Presentations ranged from strategies for

overcoming public speaking fears to holistic wellness practices and heart health awareness.

Breakout Session 1:

- *When the Past Shows up in the Present: Meeting Your Inner Child* – Stephanie Archinas-Murphin, LMFT, Nurture & Heal Counseling
- *From Nervous to Noteworthy: Conquering Your Fears in Public Speaking & Self-Branding* – Felicia Gonzalez, Edward Jones
- *Strong is the New Empowered: Redefining Women's Wellness* – Lisa Patino, Motivated by Lisa

Breakout Session 2:

- *Restoring Balance: The Female Body Under Stress & Eastern Wisdom* – Sarom "Grace" Han, L.Ac, BT Wellness
- *Your Hips Don't Lie: How Pelvic Floor Therapy Can Help You Feel More Confident in Your Body* – Kristin DiMiceli, Garage Pilates & Dr. Stacie Groat, DPT, Sunshine Physical Therapy
- *Strong Hearts, Strong Women: Taking Charge of Your Heart Health* – Dr. Nissi Suppogu, Medical Director, Women's Heart Center, and Dr. Christina Rodriguez Ruiz, Medical Director, Advanced Cardiac Imaging, MemorialCare Heart & Vascular Institute at Long Beach Medical Center

The event concluded with a motivational keynote from Mayor Pro Tem Tanya Doby, "Unapologetic Wellness: Prioritizing Yourself Without Guilt," and a lively speed networking session led by Michelle Boos-Stone of Five Element's Consulting Group. Attendees then enjoyed a fresh and healthy lunch from Jan's Health Bar, featuring an assortment of sandwiches and salads.

This year's conference marked yet another successful milestone for the City of Los Alamitos' Recreation and Community Services Department. The Elevate Women's Conference once again empowered participants to reflect and reignite their personal and professional growth.

For more information, please visit www.cityoflosalamitos.org/recreation or contact the Recreation and Community Services Department at (562) 430 – 1073.

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