



SCHEDULE OF EVENTS

FRIDAY, APRIL 5, 2024

Time	Room 201	Room 203	Room 204	Room 205	Room 206	Room 207	Room 208	Room 213	
	Physical Fitness	Health Care	Mental Health	Holistic Health	Nutrition and Financial	Hair/Skin Care	<i>The Pamper Me Room</i>	<i>The Prayer Room</i>	
10:30 a.m.				Holistic Healing with Willie Bell	Des'Leon's Charcuterie with a Flair		Manicures Facials Hand and Foot Massages Delta Technical College Ariel Francis, Instructor		
10:45 a.m.									
11:00 a.m.	Line Dancing with Aaron Honeysucker	Michelle Owens, OB-GYN Vaginal Health and Menopause	Emotional Self-care for Women with Tabatha Kenney			Financial Literacy with Lori Moncure		Skin Care with Vanessa Upkins	Rosalind Thomas
11:15 a.m.									
11:30 a.m.									
11:45 a.m.									
12:00 p.m.								Maxine Bolden	
12:15 p.m.									
12:30 p.m.			Scriptural Mindfulness with Tonnnett James			Sweet Sugar Lip Balm with Constance Nelson			
12:45 p.m.		Someone from Dr. Quinn's Office on Managing Stress							
1:00 p.m.	Fitness with Valerie Grace				Healthy Eating and Fasting with Dr. Latoya Williams			LaShunna McInnis	
1:15 p.m.									
1:30 p.m.					Financial Wellness with Trivia Jones			Tonya Stowers	
1:45 p.m.									
2:00 p.m.		Heart Health with Dr. Joyce Wade-Hamme	Emotional Self-care for Women with Tabatha Kenney			Hair Care with Anita Jamison	Erma Cook		
2:15 p.m.									
2:30 p.m.						Des'Leon's Charcuterie with a Flair			Ada Gater
2:45 p.m.	Line Dancing with Aaron Honeysucker								
3:00 p.m.					Brows, lashes, makeup and skin care with Tiera Patterson				
3:15 p.m.									
3:30 p.m.			Time Management with LaShunna McInnis	Dr. LaToya Williams Mental Health				Evangelist Sherry Tate	
3:45 p.m.									
4:00 p.m.									



SCHEDULE OF EVENTS

SATURDAY, APRIL 6, 2024

Time	Room 201	Room 203	Room 204	Room 205	Room 206	Room 207	Room 208	Room 213
								Prayer Room
Session 1 10:15 a.m. - 11:05 a.m.		<i>Single, Saved, and Seeking God</i> Ms. Tonya Stowers		<i>Killing Comparison</i> Dr. Kashelia Harrion		<i>The Power of a Praying Woman</i> Mrs. Betty Thompson and Rev. Martha Alexander		Open for individual, group or corporate prayer.
Session 2 11:15 a.m. - 12:05 p.m.		<i>The Proverbs 31 Woman: The Godly Wife Raising Godly Children</i> Mrs. Kym Wiggins		<i>Women on the Mission: Taking Jesus to the Streets</i> Rev. Linda Williams		<i>Overcoming Trauma</i> Dr. Valvia Wilson		
Session 3 2:05 p.m. - 3:00 p.m.		<i>The Proverbs 31 Woman: The Godly Wife Raising Godly Children</i> Mrs. Kym Wiggins		<i>Women on the Mission: Taking Jesus to the Streets</i> Rev. Linda Williams		<i>Overcoming Trauma</i> Dr. Valvia Wilson		Open for individual, group or corporate prayer.
Session 4 3:05 p.m. - 4:00 p.m.		<i>Single, Saved, and Seeking God</i> Ms. Tonya Stowers		<i>Killing Comparison</i> Dr. Kashelia Harrion		<i>The Power of a Praying Woman</i> Mrs. Betty Thompson and Rev. Martha Alexander		



Schedule At-a-Glance

Friday, April 5, 2024 – Jackson Convention Complex

Registration	10:00am – 4:00pm
Vendors	10:00am – 8:30pm
Relaxation & Activities (Onsite relaxation activities)	10:00am – 4:00pm
Laugh, Praise & Worship <i>featuring Maurette Brown Clark and Comedian Small Fire</i>	6:30pm – 8:30pm

Saturday, April 6, 2024 – Jackson Convention Complex

Registration	7:30am – 12:30pm
Vendors	7:30am – 9:00pm
Opening and General Session – Moving Forward-ALL IN <i>featuring Brian Courtney Wilson</i>	8:30am – 10:00am

Concurrent Break-Out Sessions

Single, Saved, and Seeking God; Killing Comparison; The Power of a Praying Woman; While I Yet Wait: Making Time for God; Women on the Mission: Taking Jesus to the Streets; The Proverbs 31 Woman: The Godly Wife Raising Godly Children; Overcoming Trauma

Workshop I	10:15am – 11:05am
Workshop II	11:15am – 12:05pm
Awards Luncheon <i>(Keynote Speaker - Bishop Denise Anders-Modest; Program Guide – Maggie Wade)</i>	12:20pm – 2:00pm
Workshop III	2:10pm – 3:00pm
Workshop IV	3:05pm – 4:00pm
Free time/Dinner on your own	4:00pm – 7:00pm
Worship Service <i>(doors open at 6:30pm)</i> <i>featuring Karen Clark-Sheard</i>	7:00pm – 9:00pm

Sunday, April 7, 2024 – Anderson United Methodist Church

Worship Service <i>Message by Bishop Sharma D. Lewis</i>	10:15am
Sister2Sister Brunch <i>(add-on purchase to conference registration)</i>	\$25