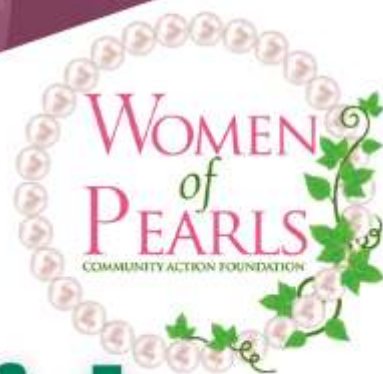


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&  
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HEALTH & WELLNESS EXPO



**Virtual**  
**Program Guide**

FRIDAY, SEPTEMBER 24, 2021 7 PM

SATURDAY, SEPTEMBER 25, 2021 9 AM

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## **PROGRAM**

FRIDAY  
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7 PM

---

WELCOME

THE SKIN YOU'RE IN

LET'S TALK HAIR CARE

LET'S TALK HAIR POLITICS

GET POLISHED WITH A PURPOSE

---

HBCU AFTER PARTY



**Gwendolyn Kimble, President**  
**Alpha Kappa Sorority, Incorporated**  
**Tau Rho Omega Chapter**  
**@tro\_aka**



**Alpha Kappa Alpha Sorority, Incorporated® (AKA)** is a service organization founded on the campus of Howard University in Washington, D.C. in 1908. AKA is comprised of over 300,000 women in the United States and Internationally. Alpha Kappa Alpha Sorority, Incorporated® is dedicated to implementing programs of service that enhance the social, economic and educational well-being of our local, national and international communities.

The **Tau Rho Omega Chapter** was founded in January of 1993. Our service area includes the cities of Carrollton, Lewisville, Coppell, Flower Mound and Irving, Texas. In light of the current COVID-19 pandemic and social distancing, our service area has virtually grown due to our savvy and successful use of virtual platforms and social media.

We have partnered with **Women of Pearls Community Action Foundation** for our second annual and first *virtual* **Fit & Fabulous Health and Wellness Expo**. This two-day virtual event features segments on beauty and fashion with local and national leaders in these fields. After our heart health walk, Walk This Way with AKA! participants will enjoy nutrition and fitness demonstrations, health provider panel and a timely COVID update.



We are pleased to recognize that our International Secretary, Chelle Luper Wilson calls Tau Rho Omega home! Look for her fireside chat with Esi Eggleston Brace, Unilever EVP and COO and member of Alpha Kappa Alpha during "Let's Talk Hair" (the CROWN Act).

**Chelle Luper Wilson**  
**International Secretary and**  
**24th South Central Regional Director**  
**Alpha Kappa Sorority, Incorporated**  
**@thechellewilson**



**Mina Lagrange**  
**2nd Vice President**  
**Alpha Kappa Sorority, Incorporated**  
**Tau Rho Omega Chapter**  
**President**  
**Women of Pearls**  
**Community Action Foundation**  
**@womenofpearlscaf**

Women of Pearls Community Action Foundation (WOPCAF) (a 501 (c) (3) organization) is proud to partner with Alpha Kappa Alpha Sorority, Incorporated®, Tau Rho Omega Chapter to present second annual and first virtual Fit & Fabulous Health and Wellness Expo!

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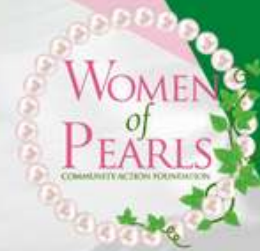
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# FABULOUS FRIDAY NIGHT!



with hosts

**Friday | 7PM**

September 24, 2021

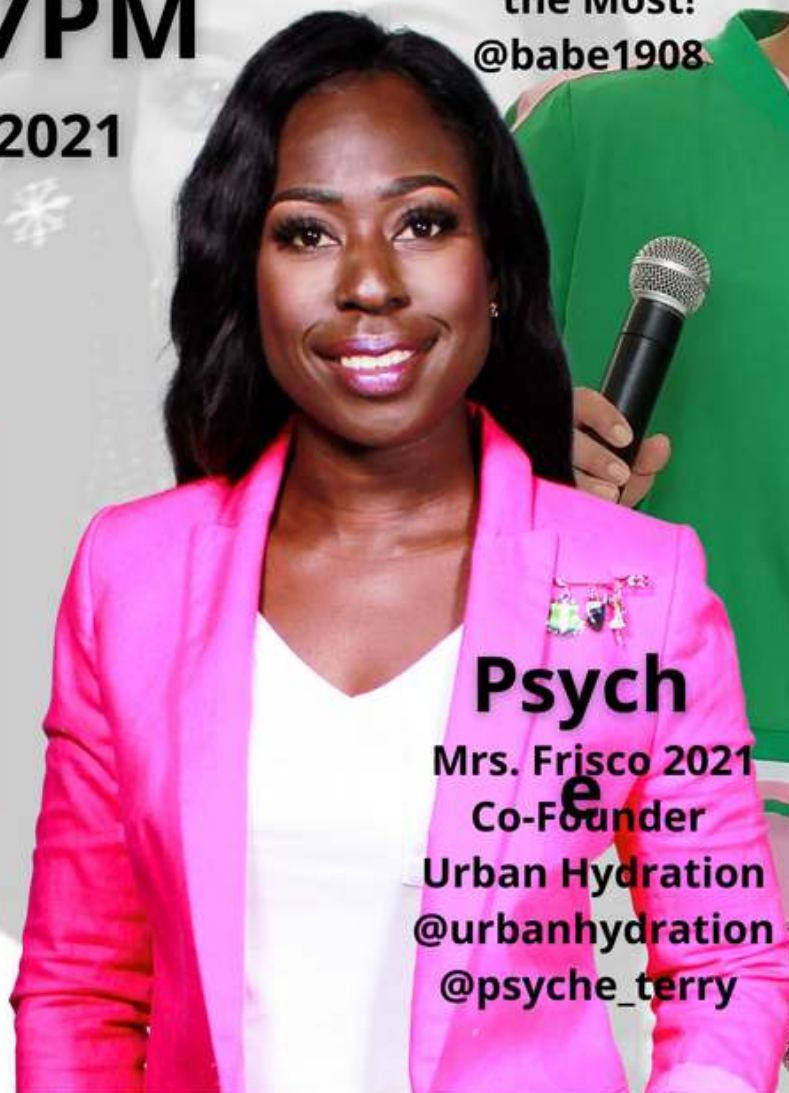
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**SUNDAY | SUNDAY**



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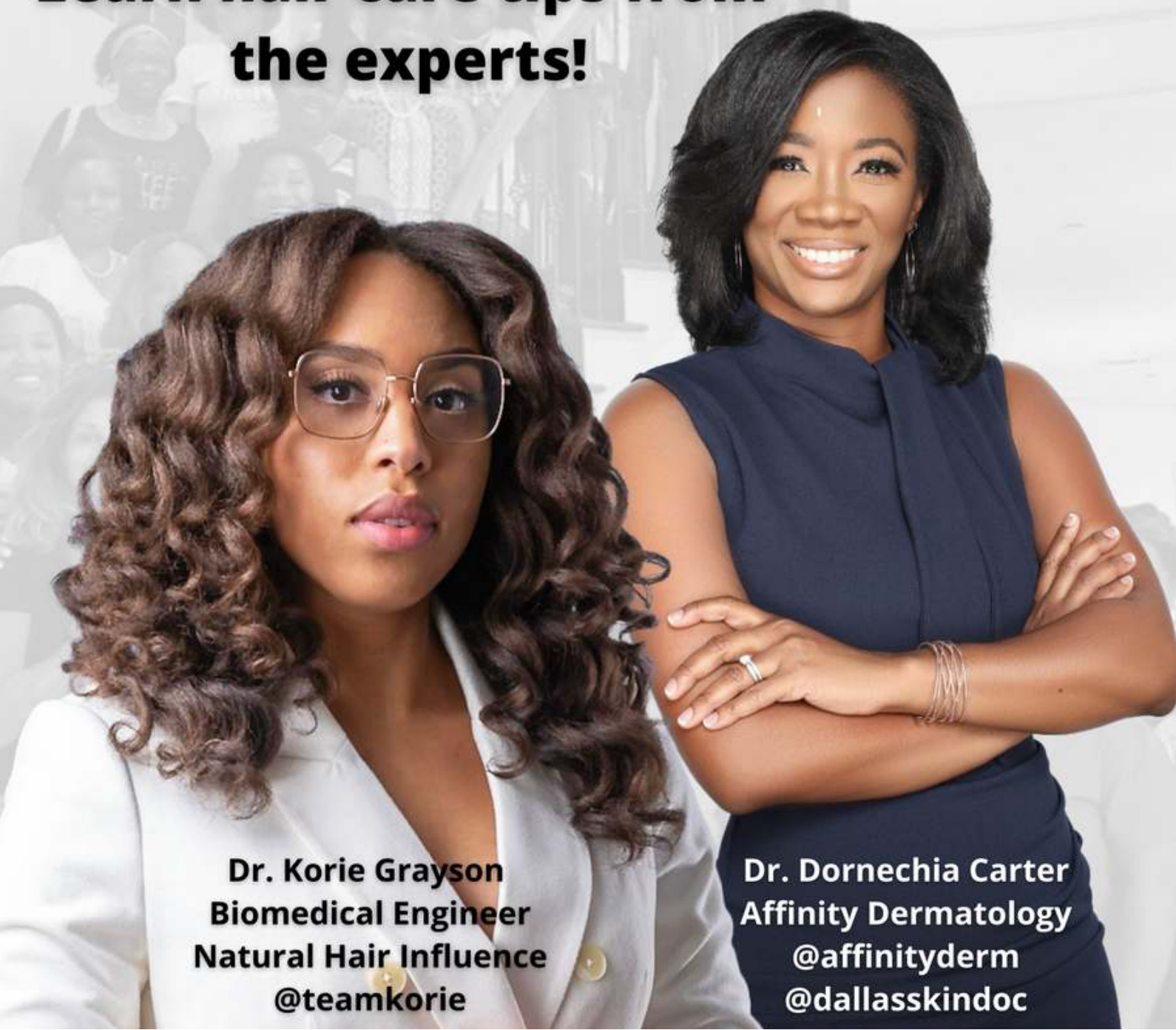


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SUNDAY || SUNDAY

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# SUNDAY II SUNDAY

HAIR CARE FOR ACTIVE WOMEN.



# LET'S TALK HAIR *politics*

*Dove*



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### ABOUT THE AUTHOR



*Rhonda B. Reece, MBA MSc, is an Author, Corporate Leader, and Writer. She uses her motto, "Passion is Your Purpose," to inspire and ignite people towards their next level. She is available for speaking engagements.*

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# GET POLISHED WITH A PURPOSE!

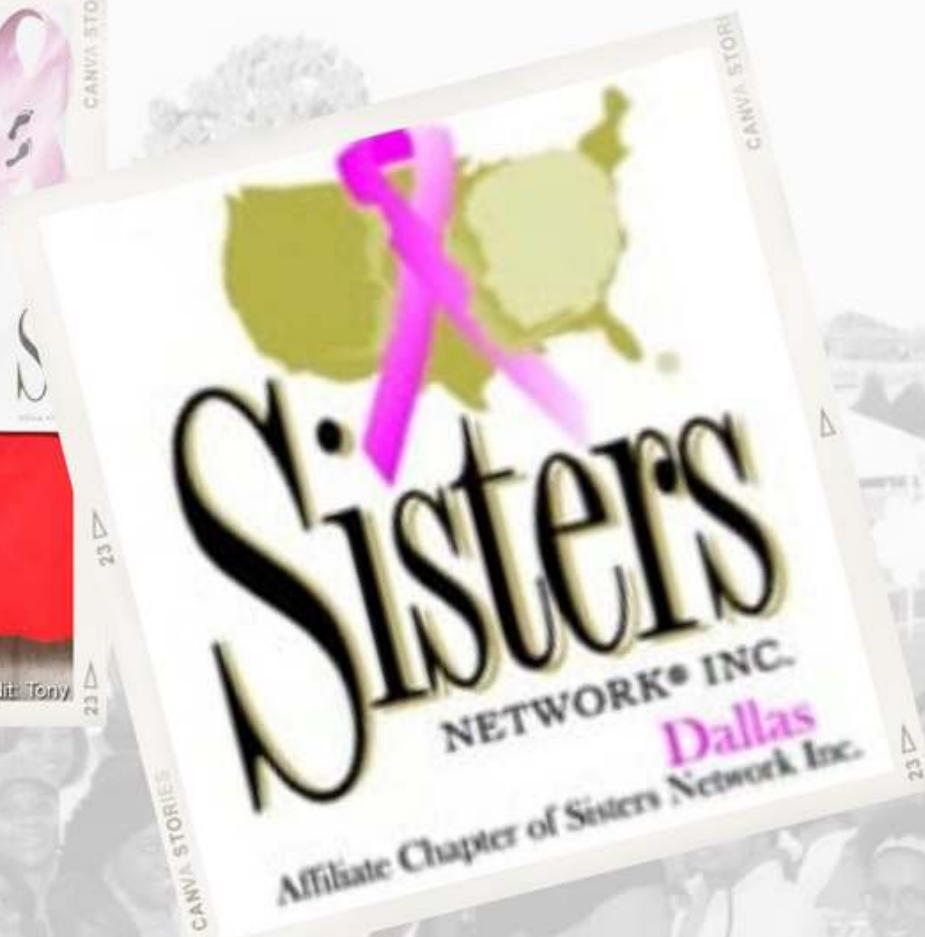


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**Fitness Demo**

**COVID Update**

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## PROGRAM

SATURDAY  
SEPTEMBER 25, 2021  
10 AM

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WELCOME

YOU ARE WHAT YOU EAT

THE DOCTORS ARE IN

MOVE IT OR LOSE IT

COVID PANDEMIC UPDATE

---

WRAP UP



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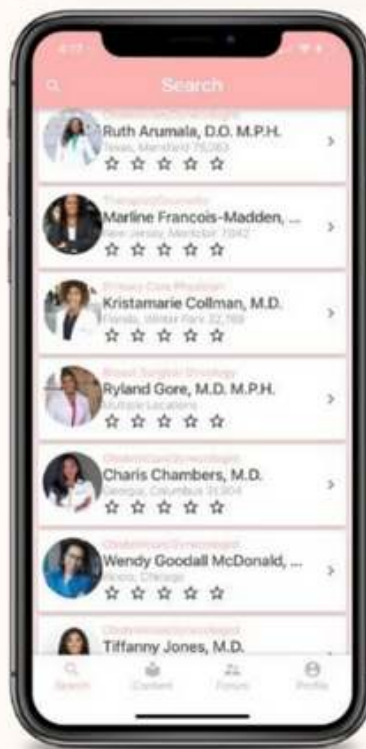


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*XOXO Jerilyn*







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