

# Keynote Conversation

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## Embracing Inner Wholeness: Empowering Women's Authentic Journey to Self-Fulfillment and Balance, Beyond Societal Expectations

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**Rebecca Minkoff**  
Fashion Industry Leader,  
Host of Superwomen with Rebecca  
Minkoff Podcast, Founder of Female  
Founder Collective, and Author

# Interactive Panel Discussions

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## Shattering Stigmas, Nurturing Minds: A Comprehensive Exploration of Women's Mental Health Across Life's Transitions

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**Anusha Wijeyakumar**  
Wellness Consultant,  
Hoag Women's Health Institute



**Mercedes Szpunar, MD, PhD**  
Physician Director, Hoag  
Maternal Mental Health Program



**Anne Ray, MD**  
Family Medicine, Hoag

## Breaking Barriers, Empowering Desires: A Candid Conversation on Sexual Health

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**Allyson Brooks, MD , FACOG**  
Ginny Ueberroth Executive  
Medical Director Endowed Chair,  
Women's Health Institute



**Judy Wei, MD**  
Obstetrician & Gynecologist, Hoag



**Danielle Dawson, MA, LMFT**  
Psychotherapist, Licensed Marriage  
& Family Therapist, Hoag

## Unveiling the Secrets to Radiant Health: Healthy Aging Inside and Out

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**Kelly LeVeque**  
Founder of Be Well by Kelly,  
Celebrity Nutritionist, Wellness  
Expert, and Best-Selling Author



**Lisa Karamardian, MD, FACOG**  
Obstetrician & Gynecologist, Hoag,  
Jeffrey M. Carlton Endowed Chair in Women's  
Health, in honor of Dr. Anne M. Kent



**Elizabeth Raskin, MD**  
Surgical Director,  
Margolis Family Inflammatory  
Bowel Disease Program, Hoag



**Shawna Jones, PA-C**  
Aesthetic Injector, SkinSpirit  
Newport Beach, National Trainer,  
Allergan Medical Institute

