

Aban Institute and Associates, Inc. presents
SOUL-U-TIONS: Tools You Need to Live a Healthier and Happier Life
Presenters Biographical Sketch

JEMMA HARRIS, J H & Associates, LLC

With over 10 years experience in financial services, Jemma Harris is an industry expert in Credit and Cash Flow Management. She is the Director of J H & Associates LLC a credit and cash flow management consulting agency and a Credit Manager for a major wholesale company where she manages over \$3.5 million. She also provides financial consultation and literacy to individuals and organizations. Jemma has the distinctive expertise of credit rules & regulations, allowing her to empower her clients to make sound credit decisions while increasing their cash flow. As the President of the Crown of Laurel Toastmasters Club Jemma lead the Club to obtaining their second consecutive President Distinguish status the highest status for Toastmasters International. She is a member of the National Association of Credit Managers (NACM) and an active member of the Africa Diaspora for Change (ADC), where she was the event coordinator for the ADC Inaugural ball and is currently serving as the Treasurer.

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MADEA ALLEN-GUEYE, ORGANIC SOUL CHEF

Madea Allen-Gueye is a Holistic Health Practitioner, certified by the American Association of Drugless Practitioners. She also wears the tall hat as the Organic Soul Chef. Madea provides nutritional and lifestyle counseling to individuals and groups seeking optimal health through a wholesome diet and balanced way of living. After receiving her BA in Psychological and Brain Sciences from Dartmouth College, she dedicated a year to the Providence Community Health Corps, working as a perinatal educator and doula (trained labor and birth assistant). She later attended the Institute for Integrative Nutrition (IIN), which is affiliated with Columbia University, where she was trained in all the different dietary theories, eastern and western nutrition, modern health issues, personal growth and development, and health counseling. During her studies at IIN she began to heal many of her long-standing health issues, including chronic constipation, PMS and low energy. With a commitment to share what she had learned with others and eager to reach out to those in need, Madea began her private holistic health counseling practice in which she teaches clients not only what to eat but how to eat. After her training at IIN, Madea continued to pursue her passions in health and healing by enrolling in the Chef Training Program at the Natural Gourmet Institute for Health and Culinary Arts, where she was trained in the art and theory of health-supportive, mostly vegetarian cooking.

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IVY HYLTON, SERENITY HEALING ARTS

Ivy "Shadiah" Hylton has worked as an internationally known integrative behavioral health care provider, recording artist, writer, inspirational speaker, holistic psychotherapist, concert soprano and spiritual healer for over 25 years. She has been blessed—and blesses others—with a voice whose distinctive presence captivates listeners, evokes emotions within, and touches at the depth of the soul. Hylton functions on the cutting edge of a new paradigm for psychological, physiological and emotional healing using a breakthrough concept in sound and vibration that she calls Sound Vibronics™, to teach, inspire and transform. Sound Vibronics™ is a cutting edge philosophy that deepens relaxation and meditation practices for total wellness. Her concerts, lectures, workshops, and retreats bring healing, releasing, cleansing, enlightenment, restoration, and moments of serenity, creating a sanctuary of wellness and love for those who attend.

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AUTUMN ROSS-SAXTON, WASHINGTON PARKS & PEOPLE, RIVERSIDE CENTER: MARVIN GAYE PARK

Autumn Saxton-Ross leads the Heart & Soul program in parks East of the River for Washington Parks & People, based at Parks & People's Riverside Center, located in Marvin Gaye Park (formerly Watts Branch Park). She is responsible for leading park-based health and fitness programming, improvements, health impact research, and policy advocacy. Autumn completed her Ph.D. in Sociology from Howard University, focusing her research on health disparities in Black populations and how the built environment can promote or prevent physical activity in urban and Black communities. Autumn has always focused on health and physical activity within the Black community. Her Master's thesis focused on specific cultural barriers that influenced young Black women's physical activity participation, highlighting the affect that Black female hair maintenance and participation in sports during middle and high school has on physical activity participation in young Black females.

Autumn is an experienced recreation and health educator, having served in the parks and recreation departments of the District of Columbia and Montgomery County, as well as being a former Physical Education and Health teacher for DC Public Schools. Her passion for promoting health extends beyond her day job, as she sits on the board for Girls on the Run DC, a program dedicated to teaching young girls life skills and discipline through physical activity, active lifestyles and running, and DC Healthy Solutions, a minority owned fresh food cooperative and is an avid flag-football player.

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CHERYL EDWARDS, GEORGE WASHINGTON UNIVERSITY

Cheryl Edwards is the lead research scientist at the George Washington University, School of Public Health and Health Services, Department of Health Policy. She provides training for outreach workers to deliver flu shots to homebound residents and their caregivers, family members and friends in Anacostia. This spring she will be responsible for releasing a pilot study about the need for services for all homebound residents in the District of Columbia. Cheryl served nine years as a senior executive with Government of the District of Columbia in various capacities including: Chief Of Staff to the Director of the Department of Health, Chief of Staff to the Director Department of Mental Health, Chief of Staff and Special Assistant for the Office of the Chief Financial Officer, and as Deputy Recorder of Deeds for the Office of Tax and Revenue, Real Property Tax Administration. She has served as Interim Director of Charter Schools for District of Columbia Board of Education providing regulatory and oversight authority while monitoring its \$80 million dollar budget for 18 charter schools. Cheryl began her career a lawyer, practicing as a solo litigator in the area of civil law in New York City. Her general practice consisted of domestic relations, real property, bankruptcy, immigration, and decedent and estates law.

ABOUT ABAN INSTITUTE AND ASSOCIATES, INC.

Aban's mission is to reclaim our children, rebuild our families and, revive our communities through comprehensive programs and economic development. Aban is an African symbol for safety, security, and fool proof. It is our desire and commitment to live up to this mean through achievement of the mission in our programs. We were established in 1998 by three native Washingtonians who saw a need to change the way institutions (community based organizations, government agencies, and businesses) think, behave, and interacted with at-risk communities. Our programs focus on health, violence prevention and education, they include: Healthy Activities Promotion Project for You (HAPPY), People Engaged in Activities to resolve Conflict in their Environment (PEACE), and Family Literacy Activities for East of the River (FLIER)

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On behalf of Aban Institute and Associates, Inc. (Aban), thank you very much for your participation in our forum. We hope that you found the event helpful and practical to jumpstart and/or stay on track with your wellness lifestyle.