

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

BELINDA PAULS-ANDERSON, 4U&URS

A native born Washingtonian, Belinda Pauls-Anderson considers herself an Advocate of Wellness. Her mission is to impact and help transform lives. Belinda's goal is to bring about change in the state of disease and disorders in the lives of God's people. Her prayers are to honor God's will and elevate the lives of those she touch. Her background in the healthcare field spans over thirty years, working mostly in HIV/AIDS and Hospice Care. Belinda's life transformed following a layoff from a twenty year position which shifted her focus from healing the sick to helping people learn to be well. She believes it is everyone's duty to take personal responsibility for their own health and wellness. It is a process but one she will walk with you as you become well in mind, body and spirit. Her bi-monthly teleconference series, "[Let's Talk Health](#)" is a place for support, tips and tools as you strive to live a healthier lifestyle. Also, Belinda provides grief consulting, caregivers support and assistance with those struggling with end of life issues. She is currently a senior at Liberty University online, majoring in Psychology and Religious Studies. Belinda is Board member of the organization, Embrace-Singles Wholeness and Marriage Savers, whose mission is to promote healthy relationships. She believes we are truly God's Master Piece...so let's live our lives that way.

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TAMBRA STEVENSON, METROPOLITAN WASHINGTON PUBLIC HEALTH ASSOCIATION

Tambra Stevenson is the Vice President and Chair of the Committee on Food and Environment for the Metropolitan Washington Public Health Association. She is a graduate of the Tufts Medical School-Emerson College Health Communication Master's program and has a B.S. in nutritional sciences and Spanish minor from Oklahoma State University. Her area expertise is in food justice, public health, health communication, social enterprise, health disparities, social determinants in health, nutrition, women's health and personal health. She provides nutrition education to students attending DC Public Schools. Tambra is well versed in natural and holistic healing practices. She is a renowned speaker on health disparities affecting minority populations.

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TINA MCINTOSH, ACTIVE BODYWORKS

Motivated by her personal dedication to long term fitness, Tina McIntosh, an avid student and teacher in the wellness movement, left the corporate world and founded her own company, Active Bodyworks. Tina is a former Director of Training for Gold's Gym and is nationally certified as a massage therapist specializing in movement, functional assessment, stretching rehabilitative therapies, Pilates instructor and Personal Trainer. She is a former multi sport competitor and continues to enjoy golf, rollerblading, mountain biking and many other sports. Tina's company, Active Bodyworks, has developed a number of dynamic programs and exciting products and services including empowering and motivational workshops on : Sports massage for the athlete, Golf Stretching & Fitness, Athletic Stretching, Stretching for You, Stretching in the work place, Creating your own Boot Camp or Circuit Training for Fitness or Sport. The Active Bodyworks approach is designed to make it fun and easy for individuals and businesses to fulfill their unlimited wellness potential. Active Bodyworks understands the importance of maintaining the quality of the site settings, while increasing wellness and reducing stress.

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RENEE WOODARD-FEW, EAST RIVER FAMILY STRENGTHENING COLLABORATIVE, WASHINGTON SENIORS WELLNESS CENTER

Renee Woodard-Few is a woman with a strong commitment to bettering the lives of people. She currently serves on the Board of Directors for the Georgia Avenue Rock Creek East Family Support Collaborative. Renee is also Program Director at Washington Seniors Wellness Center. She has a Master of Divinity degree from Wesley Theological Seminary and a Bachelor of Science degree in Vocational Education, from University of Maryland, College Park. Renee has been educating people in the Washington metropolitan area for over twenty years on a variety of subjects ranging from health issues, to cosmetic concerns to Christian living. She has conducted educational workshops for a variety of local organizations, including Washington Metropolitan Transit Authority, National Institutes of Health, District of Columbia Public Schools, OASIS (senior services) and a host of faith-based groups.

Shady Grove Hospital, Washington Hospital Center and University of Maryland Medical System are a few of the agencies that have enabled Renee Few to share her expertise as chaplain. She has served as Director of Health Ministry at First Baptist Church under the leadership of Rev. Dr. Frank D. Tucker and as Associate Pastor of Health, under the leadership of Rev. Dr. Joseph W. Daniels.

As much as she has a passion for helping others, Renee makes sure that she designates time for her own physical, mental and spiritual well-being! Her fun time includes walking, shopping and reading.

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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 meaning through 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),
- 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 your wellness program.