

National Women's Coalition Against Violence & Exploitation  
Presents

INTERNATIONAL  
**Women's Festival**  
WOMENSFESTIVALNW.ORG  PACIFIC NORTHWEST

2-DAY MULTI-CULTURAL EVENT CELEBRATING & EMPOWERING WOMEN

**MARCH 9-10**

JOIN US MARCH 10 TO HEAR OUR POWERHOUSE SPEAKERS



Natalie Brand



Kelly McNelis



Nikole Potulsky



Brenda Tracy



Meghan Hamilton



Erika Worth



Reema Zaman



Carol Parker Walsh

FRIDAY, MARCH 9 MOVIE SCREENING

SATURDAY, MARCH 10 FESTIVAL

**GOING FAST,  
GET TICKETS  
NOW!**

[WOMENSFESTIVALNW.ORG](http://WOMENSFESTIVALNW.ORG)

**IMPACTFUL  
WOMEN** NW

  
**CLARK COLLEGE**  
EST. 1933

**NWCAVE** ORG  
Nat'l Women's Coalition Against Violence & Exploitation

  
Simply Thyme  
CATERING

**Cellar55**  
TASTING ROOM

*We have a dream...  
a world without violence!*



## About Us

**The National Women's Coalition Against Violence & Exploitation (NWCAVE)** is a national volunteer operated 501(c)(3) non-profit organization headquartered in Vancouver, WA. We have offices in Oregon, Washington and California. We continue working to inform, educate and prevent violence and exploitation against women and children nationally and internationally.

Whether human trafficking, domestic violence, sexual assault, sexual violence, stalking, bullying, hate crimes and all other forms of violence and exploitation against women and children, NWCAVE strives to keep the public informed and educated on how we can live in a more civilized society free of violence.

In order to achieve our mission and objectives we collaborate with other organizations, businesses, the public and media to continue to inform, educate and help prevent violence and exploitation in our local communities and throughout the world. To donate and learn more visit [www.NWCAVE.org](http://www.NWCAVE.org).

## About the launch of WA Says No More

WA Says No More is a collaborative program/campaign organized by the National Women's Coalition Against Violence & Exploitation (NWCAVE) and WSU-Vancouver students in partnership with the No More Campaign to bring more awareness, education and prevention to communities throughout Washington State in order to end domestic and sexual violence. We're #StrongerTogether, join us!

We will launch our campaign on March 9, 2018 during our International Women's Festival .  
Learn more at [www.wasaysnomore.org](http://www.wasaysnomore.org)





## About the International Women's Festival

Women's Festival Northwest is an official program and special event of the National Women's Coalition Against Violence & Exploitation (NWCAVE) that will take place March 9 & 10, 2018 at Clark College in Vancouver, WA. We will celebrate and honor International Women's Day and No More Week during the Festival!

## History

The festival is in partnership with the non-profit International Women's Festivals out of Santa Barbara, CA. Their sole purpose is to celebrate and empower women in the month of March each year for Women's History month and around International Women's Day (March 8th each year). Women across the globe will realize their worth and power and use the collective energy to fuel them to make a difference in the world.

## Our Mission

To celebrate women's accomplishments and nurture the dreams of women in an interactive, multi-cultural program that focuses on key areas within their lives:

~Personal ~Professional ~Political ~Philanthropic ~Planet~

## 2018 Steering Committee

### **Patty DeDominic Honorary Festival Chairwoman**

Founder of International Women's Festivals

### **Michelle A. Bart, Women's Festival Northwest Chairwoman**

National Women's Coalition Against Violence & Exploitation (NWCAVE)

Wanda Costi, *NWCAVE*

Katie Yates, *WSU-Vancouver*

Ruth Brennan, *Helping Heroes Design / Embrace Flux*

April Sunset, *Helping Heroes Design*

Erika Laws, *Impactful Women NW*

Erika Worth, *ROAR Fierce Female Storytelling*

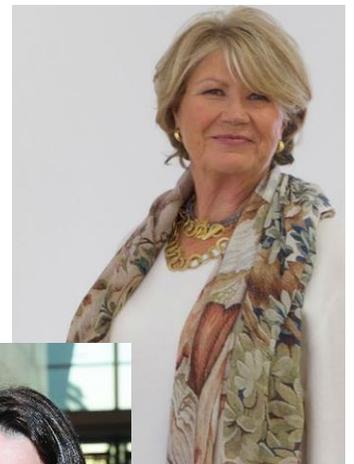
Audrey Miller, *Planned Parenthood*

Chef Tammy Leibfarth, *Simply Thyme Catering*

Brecia Kralovic-Logan, *Women's Woven Voices*

Karen Hart Asbury, *Integrative Bodywork*

Mitzy Danae, *Feirie*





Nat'l Women's Coalition Against Violence & Exploitation



WASHINGTON STATE  
UNIVERSITY

Presents

NO MORE  
WEEK  
March 4-10

A graphic of a megaphone pointing to the right, filled with a collage of photos of people. The text 'LOUDER TOGETHER' is written across the megaphone's opening.

Friday, March 9, 2018 ~ 5:45-9pm

*Doors open at 5:45pm – Clark College Foster Auditorium*

*Reception Catered by Vida Flare and Costco*

*Program 7-9pm*

Welcome: Michelle Bart, NWCAVE and Emcee Ruth Brennan

Launch of WA Says No More by WSU Vancouver

Film Screening – *The Hunting Ground* by CNN Films and Radius

Keynote Speaker – Brenda Tracy, No More Ambassador and Survivor

[www.WASaysNoMore.org](http://www.WASaysNoMore.org)



# INTERNATIONAL Women's Festival WOMENSFESTIVALNW.ORG



# Festival

## PACIFIC NORTHWEST

**Saturday, March 10, 2018 - 8am to 5pm**

*Doors open at 7:30am – Clark College Gaiser Hall*

An **NWCAVE** Program



8am Breakfast, Check-in, Exhibitors, Resources and Networking!

9am Opening Ceremonies

- > Presentation of Colors – Battleground High School
- > Becky Archibald – Tribal Prayer
- > Festival Welcome – Michelle Bart, NWCAVE President
- > Festival Emcee: Natalie Brand from KING5 Seattle
- > City Welcome: Mayor Anne McEnerny-Ogle
- > Breca Kralovic-Logan, History of Women's Festival

\*Pebble Rebel Nominees Tammy Leibfarth, Aria Leighty and June Vining

10am Keynote Speakers: Megan Hamilton Dr. Carol Parker Walsh

10:30 Break / Music / Exhibits

### Breakout Sessions (choose one or visit the exhibitors)

10:45 Workshops: *choice of one (30 minutes)*

Creating CommUNITY Support for Women of Color – *Anjela Ford-Glueckert*

Building Bridges, Not Walls: A Latina Perspective – *Dr. Gloria Grubbs and Carmen McKibben*

Self Defense Essentials Workshop – *Jesse Conley from Stone Tiger Martial Arts*

11:30 Workshops: *choice of one (30 minutes)*

Creating CommUNITY Support for Women of Color – *Anjela Ford-Glueckert*

Building Bridges, Not Walls: A Latina Perspective – *Dr. Gloria Grubbs and Carmen McKibben*

Intro to Burlesque Dancing: How Self-Express Builds Self-Esteem – *Mitzy Danae*



**Venue Saturday**  
Clark College - Gaiser Hall  
1933 Fort Vancouver Way  
Vancouver, WA 98663

# INTERNATIONAL Women's Festival WOMENSFESTIVALNW.ORG



# Festival

## PACIFIC NORTHWEST

Saturday, March 10, 2018

*Clark College Gaiser Hall*

An **NWCAVE** Program



12pm Lunch provided by Simply Thyme Catering

12:45pm Pebble Rebel Nominees: Rene Steelman and Dawn Hartwell

1:00pm Keynote Speaker: Kelly McNellis, Women for One

1:30pm Break

1:45pm ROAR Storytellers

# womenforone

Pebble Rebel Nominees: Kimberly Berry and Elizabeth Candello

Keynote Speaker: Nikole Potulsky

Music by Nikole

Pebble Rebel Nominee – Erika Laws

Keynote Speaker: Author Reema Zaman



Break

2:45pm Brecia introduces the Pebble Rebel Award 2018 Honoree

3:15pm Closing Keynote Speaker: Erika Worth, ROAR Fierce Female Storytelling

4pm Closing and Door Prizes

After Party at Cellar 55 - 5:30-8:30pm  
1812 Washington Street, Vancouver 98660



# Chairperson Biography

**Michelle Bart, CCA, CHTA** was born and raised in Fort Lauderdale, Florida and lived in Los Angeles, CA over fifteen years until moving to the Pacific Northwest in 2008. Known to many in Southern California as the founder of the Foothill Arthritis Connection, Michelle is an award-winning media consultant and publicist with over 25 years' experience in non-profit management, media communications, and human & civil rights advocacy. Michelle holds a communication's degree and has applied her education and expertise to helping businesses and organizations obtain visibility through the media, community relations, and the Internet.

Michelle is President, Co-Founder of National Women's Coalition Against Violence & Exploitation (NWCAGE). Michelle serves, as communications chair for the Human Trafficking Task Force of Clark County, WA, is a Washington State CSEC Trainer and is a Certified Court Appointed Special Advocate (CASA) in Washington State and she is a graduate of the FBI Citizen's Academy in Portland, Oregon.

Under the direction of Michelle, the NWCAGE's Missing Children's Division helps families of missing children keep their child's face and case visible through national media outlets including "America's Most Wanted" with John Walsh, HLN's Nancy Grace Show, "Issues" with Jane Velez-Mitchell on HLN, Fox News, CNN's Larry King Live, and People Magazine to name a few.

Michelle is producer of a full-length documentary "Your American Teen" (*which won the Columbia Gorge International Film Festival 'Best Feature Documentary'*) she is a member of Society of Professional Journalists, Human Rights Campaign, GLAAD and Alliance for Women in Media.

Michelle was diagnosed at seventeen with Juvenile Rheumatoid Arthritis and throughout the years has been diagnosed with Fibromyalgia, Osteoarthritis and Cancer, which resulted in many surgeries; she turned lemons into lemonade by speaking out and advocating for the causes and people closest to her heart and ultimately helping herself in the process.

Michelle has been a presenter and keynote speaker throughout the country on topics related to rheumatic diseases, human trafficking, Internet Safety, media matters, child safety and LGBTQ issues. Michelle is a regular child advocate contributor for television, cable and radio including XRAY 99.9FM, Z100 –Portland, CNN, HLN, NBC, ABC and CBS networks.

In her spare time, Michelle is host of "Voices for Justice" on Blog Talk Radio, enjoys spending time with her two beautiful nieces and volunteering for causes near and dear to her, especially

[www.NWCAGE.org](http://www.NWCAGE.org).



# Speakers Biographies

**Ruth Brennan** is a Playwright, Actor, Professional Presenter and life-long student of ancient wisdom and the creative arts.

Her company Embrace Flux ([embraceflux.com](http://embraceflux.com)) blends ancient wisdom, modern science and her life-long passion for web and graphic design into magic for her clients. She is a teacher, practitioner and professional analyst of Human Design ... an extraordinary system that supports individuals and businesses to "**Liberate Their Uniqueness.**"

Ruth also partners with April Sunset in [Helping Heroes Design](#) to support non-profit businesses and people doing good work in the world.

She wrote 5 murder mysteries that she produced and performed in when she lived in New York in the 90's. *The Musical Mystery Shows* allowed her creativity to blossom as a writer, actor and producer in New York, New Jersey and Connecticut. Ruth's plays are still being produced by local high schools from time-to-time to raise money for students to follow their thespian dreams.

She's lived across the US (including Alaska) and Germany. Ruth currently resides in SW Washington with her dog Lester.



**Natalie Brand** is an Emmy-award winning political reporter with KING 5, covering national, state and local politics and policy. Over the past several months, she's taken a special interest in reporting on the #MeToo movement and its impact on government and the workplace.

In addition to reporting, Natalie serves as a board member and director of communications for the National Women's Coalition Against Violence and Exploitation. She became involved with the organization while covering human trafficking as a reporter in Portland, Oregon and then in Phoenix, Arizona.

Natalie has a Master of Public Administration from the Harvard Kennedy School of Government and a Communications degree from University of California, San Diego, her hometown.

# Speakers Biographies



## **Registered Nurse, Rape Survivor, Activist**

Brenda Tracy is a nurse, mother, activist, and survivor. In 1998, she reported to police that she was brutally raped by four men, two of whom played football at Oregon State University.

In 2014, Tracy found the courage to come forward with her story and now seeks to make the world a better place for survivors. Ms. Tracy has worked closely with Oregon legislators to expand victims' rights and has successfully helped to pass seven laws over three sessions, including extending the Oregon statute of limitations to prosecute rape and mandatory testing of all rape kits in Oregon.

Ms. Tracy has won numerous awards and was named ESPN's 2016 top 25 women. She sits on the NCAA Committee to Combat Sexual Violence and is a frequent guest commentator on ESPN.

Ms. Tracy is the founder of the national campaign #SetTheExpectation and she travels the country speaking to university students, athletes, and nonprofit organizations.

<https://www.brendatracy.com/>

# #SetTheExpectation

# Speakers Biographies



Shoshone-Bannock Tribal member, a long standing community and diversity advocate residing in Vancouver, Washington. **Becky Archibald** has been a Woman of Achievement Honoree, Mac Williams Evergreen Award, Val Joshua Racial Justice Award recipient among others.

Her current involvement includes WSU and Clark College Diversity & Equity Committees, the Police Chief's Diversity Advisory Team, Community Diversity Equity and Inclusion. Clark County Historical Museum and Society Board member. Selection and Board Member of the Dream Catcher Scholarship bestowed by Clark College Equity & Diversity Department.

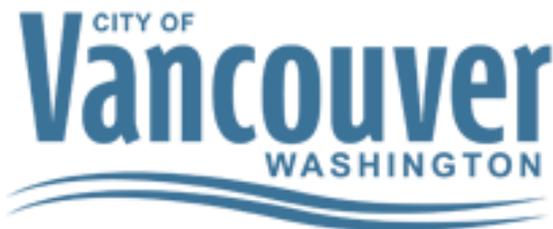
Becky also speaks and lectures in the Portland, Vancouver area when available.

In November 2017, **Anne McEnery-Ogle** was elected to a four-year term as Mayor of the City of Vancouver, WA. Anne served on City Council from January 2014 through December 2017. She was also Vancouver's Mayor Pro Tem from January 2016 through December 2017.

Anne earned a Bachelor's Degree in Education from Southern Oregon State College in 1974 and a Master's Degree in Education from Lewis and Clark College in 1976. Anne retired after teaching 30 years in Lake Oswego Public Schools and serving as the chair of the mathematics department. During this time, she was a consultant to numerous school districts in Washington and Oregon, presented her work at state and national mathematics conferences, and served as editor and author for Oregon's State Math journal. She was a college and university lecturer and continues to supervise student teachers.

## Current Assignments

C-Tran Board of Directors  
Columbia River Economic Development Council  
Southwest Regional Transportation Council – Vice Chair  
Bi-State Transportation Coordination Committee  
Joint Policy Advisory Committee on Transportation  
Clark Regional Wastewater District Oversight Committee



# Speakers Biographies

**Meghan Hamilton** is the Founder and visionary behind GLAMbeauty bar, where her mantra, “Don’t Quit your Daydream” is realized day in and day out. After working in salons and spas all over Southern California, she decided she wanted to open her own dream business, her way: a non-traditional salon (no cut or color), where #GLAM meant you could be whomever you wanted to be and customer service was ALWAYS top priority.

With a second location on the way, GLAMbeauty bar is much more than just hair & makeup; It’s women empowering women, supporting each other and having fun while doing it! Meghan is also the creator of her own makeup brush line, The Hadley Beauty Co, named after her 6 year old daughter. Who run the world? Girls!:) <https://www.glambeauty.bar/>



**Dr. Carol Parker Walsh** is an award-winning and sought-after author, speaker, trainer, and certified image professional specializing in developing strategies for individuals to hold a positive personal and professional self-image.

She holds a JD in employment law and PhD in human development and social systems and combines her expertise in appearance, communication, behavior, identity development, body structure and color, along with 25+ years as an executive, lawyer, and academic, to support her clients in creating a personalized style that embraces their essence and life goals.

Parker Walsh is a regular contributor to the Vancouver Business Journal, writing the monthly column “Dress Code,” has dispensed style advice on Seattle’s morning talk show (KING5 New Day Northwest), and has appeared on various radio programs, blogs, in magazines, and other print.

Parker Walsh is the founder and owner of Evolve Image Consulting, where she focuses on assisting individuals transform their lives through their wardrobe. Learn more about Dr. Parker Walsh and how to begin your style evolution at <http://www.evolyingyourimage.com>.

# Speakers Biographies

## womenFORONE



**Kelly McNelis** is the founder of [Women For One](#), a place where women from more than 50 countries share their powerful stories with the world. Over 500 Truthtellers, as Kelly calls them, have answered her call to action: Make life happen by sharing your messy brilliance. Their stories range from the devastating to the delightful, and everything in between.

Kelly is a mom, wife, friend, mentor, incest survivor, businesswoman, and a firm believer that there's no such thing as TMI.

Formerly a nonprofit and small-business consultant, Kelly now travels the world as a speaker, teacher, and workshop facilitator, empowering women to find their voices and discover their true power. She has interviewed global changemakers including the late Dr. Maya Angelou, Arianna Huffington, Regena "Mama Gena" Thomashauer, and Byron Katie, on the importance of cultivating our own inner wisdom and truth-telling voices.

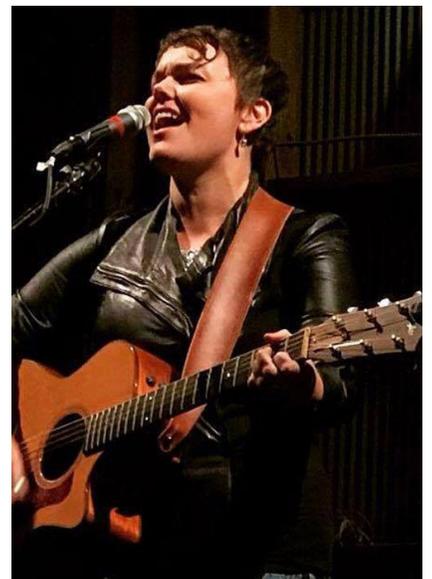
Kelly is a bestselling author whose first book, *Your Messy Brilliance: 7 Tools for the Perfectly Imperfect Woman*, was released in Fall 2017 by Enrealment Press.

Kelly's work, husband, kids, and brilliantly messy life are based outside Seattle.

**Nikole Potulsky** grew up in small towns, at the kitchen tables of working women who taught her to read cards, listen for deeper meaning, make her own money, and never back down. Her stories often chronicle the lives of these women- mothers, grandmothers, counterfeiters, fortune tellers, bar owners, gamblers, arsonists, divorcees, and mistresses.

She connects their stories of rebellion and resistance to her own, and raises up parallel stories of resilience. Nikole writes to remind us that there is beauty and power in everything, particularly the darkness, the unspoken, the lost, and the forgotten.

In addition to the recent release of her debut LP, *You Want To Know About Me* – Potulsky is a heralded essayist, activist, public speaker and proud member of the LGBTQ community.



# Speakers Biographies



“My heart just burst into a thousand songs after reading *I Am Yours* by **Reema Zaman**. From the first word to the last, this story is phenomenal triumph of one woman’s body and voice rising up and through a culture that would quiet her.

Moving through experience and language without flinching, Reema reminds us that to have a body is to bring a soul to life. A stunning debut.”

— Lidia Yuknavitch, author of *The Misfit’s Manifesto*, *The Chronology of Water*, *The Small Backs of Children*, and *The Book of Joan*.

Reema Zaman is an award-winning writer, speaker, sexual assault survivor and recovery coach. Born in Bangladesh, raised in Thailand, and presently residing in Oregon, she holds a double BA in Gender Studies and Theater from Skidmore College. A winning recipient of the prestigious [Oregon Literary Arts Award 2018](#), Reema is the author of the forthcoming memoir *I Am Yours* (April 2019).

Her work has been published in [B\\*tch Magazine](#), [VIDA](#), [SHAPE](#), [Hippocampus](#), [NAILED](#), [Full Grown People](#), [The Huffington Post](#), and [Your Tango](#), with forthcoming titles in *The Rumpus* and *Narratively*. She is the creator of [Dear Reema](#), where she responds to readers’ letters on healing and rising from sexual assault, divorce, anorexia, heartbreak, and trauma, on building self-esteem, self-love, forgiveness, and owning one’s voice.

As a speaker, Reema tackles challenging topics and vulnerable stories with exceptional poise, eloquence, and warmth. Her most notable talk is [You Are The Voice](#). Merging motivational speech, theater, and spoken word, *You Are The Voice* is a talk on healing and rising beyond rape and other adversities. It explores the power within all women, our ability to be the authors of our lives and leaders in the larger world. She performs at various colleges, conferences, and other venues. Her other acclaimed talk is “Me Too, Now What: The Art of Turning Tragedy into Triumph”.

Reema is an Oregon Literary Arts Fellow 2018, and was a finalist for Lidia Yuknavitch’s The Voice is a Muscle Award, 2017. Her essay [The Harvest of Bodies](#) is part of her Oregon Literary Arts Award winning piece. Her essay [The Authored Self](#) is a Pushcart Prize 2018 nominee.

To read, watch, or learn more, please visit [www.reemazaman.com](http://www.reemazaman.com).

# Speakers Biographies



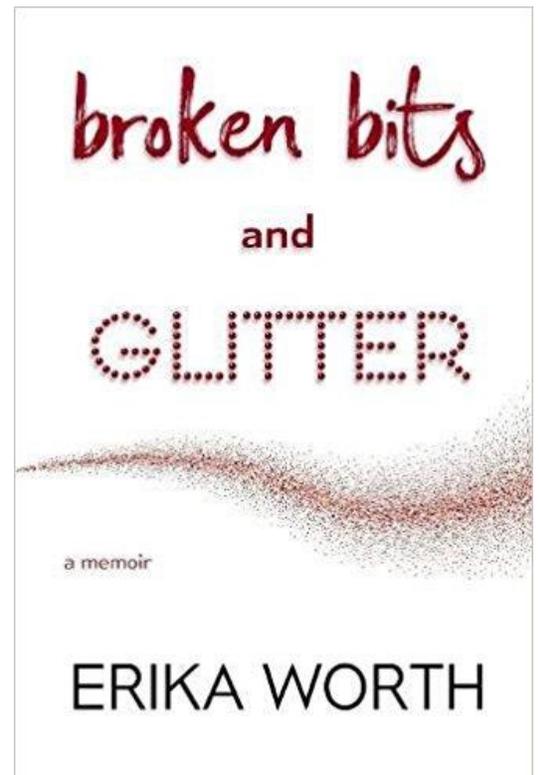
**Erika Worth** is the Executive Director and Curator of ROAR and Girls ROAR. Since she could walk and talk, she's been performing as an actress, poet, performance artist, motivational speaker, and storyteller.

She's performed in ROAR, 7 Deadly Sins, Pants on Fire, The Moth, Pickathon, and Awkward. She's been featured in OPB Arts and Life, The Columbian, KXRW, KGW News, Vancouver Business Journal, Women to Watch, and Impactful People NW.

She is passionate about empowering women and girls, creating opportunities for others, and inspiring people to overcome obstacles.

Her memoir, *Broken Bits and Glitter*, was released in January 2018.

[www.erikaworth.com](http://www.erikaworth.com)



# Speakers Biographies

**Brecia Kralovic-Logan** is a passionate champion of creativity who has spent the last 40 years helping people of all ages to embrace and express their unique individuality.

In March of 2017, she was a part of a team of women who produced the 2<sup>nd</sup> annual International Women's Festival Pacific Northwest in Vancouver, Washington. They invited 6 vibrant, successful, and engaged women to be speakers and share their inspiring personal stories. In telling their stories, several of the speakers revealed that they had experienced some form of sexual abuse. As this theme emerged the audience was asked if they would stand up if they too had experienced sexual abuse. 3 out of 4 women stood in that room. It was then Brecia knew that she was being called to do something more to help empower women to thrive. It just wasn't clear what that would be.

A month later while attending an international peace conference in Belfast where she met artists who were using their art to call attention to peaceful solutions to conflict. She was there as a part of a panel for the Global Art Project for Peace. While there, Brecia's belief in art as a powerful means for building connection and community was reinforced and she came away with a commitment to use her unique artistic voice to engage on a much larger scale than ever before. She had a clear vision of what that could look like.

She imagined a collaborative weaving that would be a visual representation of women's lives from around the world and a catalyst for collaborating on solutions to the challenging issues that women face globally.

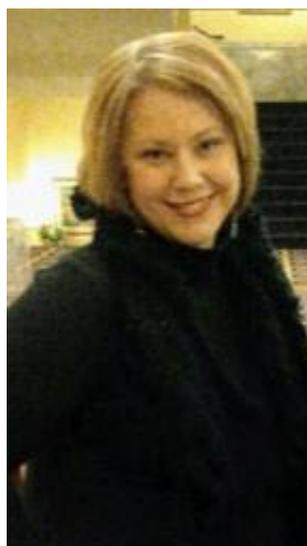
Finally she could bring her expertise as an artist, author, champion of creativity, and women's advocate together to collaborate with her global sisters to raise their voices to be heard and to be seen.

Visit [www.womenswovenvoices.com](http://www.womenswovenvoices.com) for more about Brecia and her latest project.



# 2018 Pebble Rebel Nominees

*Click on photo for bio*



# Workshop Speakers Biographies



**Dr. Gloria Arroyo-Grubbs, DC, BA, BS** has over 20 years' experience in the health care industry and is passionate about her community; working to ensure a better health future for all cultures in the Pacific Northwest.

From running large corporate wellness projects across the U.S. to specialized chiropractic care for individuals with neurodevelopmental disabilities and scoliosis reduction center, Dr. Grubbs' healthcare experience comes with a diverse toolbox.

She is the only Spanish speaking Chiropractic Physician in SW WA, she is the Inaugural and current Washington State Deputy director for Women as well as the current Health Care Chair for SW WA LULAC chapter, is an active supporter of Autism Empowerment and serves on over ten boards for local and national non profit agencies.

Recently, she has been awarded the Start-up to watch with Vancouver Business Journal, 2017 Healthy Companies of SW WA, Best in Business 2016 by the Vancouver Business Journal and nominated for the Impactful Woman NW of the Year Award. She has dual undergraduate degrees from East Carolina University, received her Master's in health administration from Central Michigan University and graduated top her class at the prestigious Palmer College of Chiropractic where she received her Doctorate of Chiropractic Medicine



**Carmen McKibben, MBA** was born in raised in Phoenix AZ & transferred four years ago to Vancouver WA. Carmen's past professional experience in corporate business & entrepreneurship provided the opportunity to transition into her current passion in health prevention education. Carmen has partnered with Washington State University to roll out first Spanish speaking class in Vancouver WA that focuses on healthy living lifestyle including diabetes prevention.

Carmen is a member of the Development & Nominating Committee under Free Clinic of Southwest Washington & founding board member of the Fourth Forward Plain Business Association, a local international business district that promotes economic growth & healthy communities to diverse businesses & residents.

Carmen is the Deputy State Director for Washington State League of United Latin American Citizens (LULAC) & serves this year as President of the SW WA Council Chapter of League of United Latin American Citizens (LULAC). The LULAC organization recently partnered with Polaris in their "Join the Solution" campaign that brings awareness to human & sex trafficking impacting Latinos in Mexico, Latin American, & United States.

When Carmen is not working in her advocacy & passion work, she enjoys her free time connecting with nature via outdoor activities such as hiking, explore new places with her husband Tobias, & spending time with her furkids, 2 labs & 2 cats.

# Workshop Speakers Biographies



Stone Tiger  
**Martial Arts**



## **Workshop – Creating CommUNITY support for Women of Color**

**Anjela Ford-Glueckert** is the blissful mama and Owner/CEO of [www.anjelabundance.com](http://www.anjelabundance.com).

From her work as a former Women of Color Program Coordinator with OCADSV to Front End Manager at New Seasons Market, Anjela's background in crisis intervention and management, only amplify her leadership skills. And when the words just won't come, Anjela relies on her heart-language, American Sign Language to help her connect to and convey her own healing truth. Anjela is humbled by her connection to the Deaf Community and enjoys sharing this beautiful language and culture through her online trainings and live group presentations.

And to help other mamas remember the "Me before Mama", Anjela has embarked on the quest to get mothers to SLOW DOWN. Yet above it all, Anjela's biggest teachers are her own children Billie Kat and Jalen, and their assistant, Anjela's wife Jane.

Anjela invites you to join her online at [www.anjelabundance.com](http://www.anjelabundance.com). As well Anjela offers dynamic keynote presentations on a variety of subjects, including Mama Overwhelm Relief, Teen Bullying Awareness & Prevention, and Vicarious Trauma Relief for Domestic Violence & Sexual Assault Service Providers.



An **NWC**AVE Program

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Where we live and where we work, that's our community. We want to make sure it stays vibrant and beautiful. Alaska Airlines invests millions to see that it does.

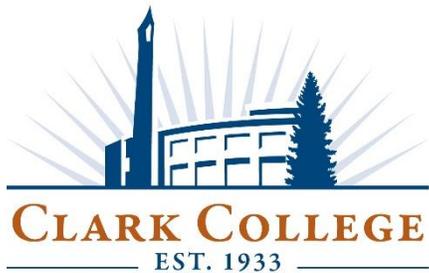
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# INTERNATIONAL Women's Festival WOMENSFESTIVALNW.ORG PACIFIC NORTHWEST

An **NWC**AVE Program

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THE HEATHMAN LODGE