



The 1st
Annual

Women's Conference

Healing the Mind, Body, and Spirit in COVID-19 Times

Join us for the first annual Interfaith Mission Service's Conference for Women where **we'll address ways to recover from the added stressors COVID-19 has created for women.**

The COVID-19 pandemic has revealed and, in many cases, worsened several ongoing problems in our society. In particular, **gender inequality and women's issues have been intensified by the pandemic.**

During our seminar, we'll be bringing women together to share how we can heal our mind, body, and spirit in the wake of the pandemic. **Join us as we work toward a brighter future for ourselves and our communities.**

You are invited free of charge. In lieu of tickets, your heartfelt donation of **any amount** is appreciated at registration.

When?

November 6, 2021
10:00am – 12:00pm

Where?

Attend In Person or Virtually

New Room of Trinity United
Methodist Church
607 Airport Road SW
Huntsville, AL 35802

Scan to Register



interfaithmissionservice.org/2021ACW/

The Power of *We*



Meet Our Honored Speakers



Delois H. Smith

Founder & President, Deep Waters Counseling and Consulting Services, LLC

Delois is a Licensed Professional Counselor (LPC) and a Diversity, Equity and Inclusion Subject Matter Expert. She's also a retiree of UAH where she held two successive Vice President positions.



Monretta L. Vega

LPC-S, NCC, Huntsville Psychotherapy and Counseling Services

Monretta is a Licensed Professional Counseling Supervisor and a National Board Certified Counselor. She has a passion for mental health and community awareness with hope to work towards removing the stigma related to mental health.



Laura Watson

Registered Dietitian Nutritionist, Huntsville Hospital

Laura leads Huntsville Hospital's Diabetes prevention program and is a Certified Diabetes Care Education specialist with the credentials of RD, LD, CDE, and MPH.



Gail Lind

ACE-Certified Personal Fitness Trainer, Anytime Fitness Hampton Cove

Gail started her impressive journey to a healthier lifestyle at age 65. She put in the work to lose weight and gain strength, and now she works as a trainer to help others do the same.



Elizabeth Bahar

Rabbi, Temple Beth Israel

Elizabeth was ordained in 2009 and recognized as one of "America's 33 Most Inspirational Rabbis" by The Forward in 2015. She's currently pursuing a Hebrew Bible doctoral degree at Hebrew Union College.



Bhavani Kakani

President/Executive Director at AshaKiran Inc.

Bhavani is the founder of AshaKiran Inc, a 501(c)3 organization empowering culturally diverse individuals who are in crisis. She has also served on the Board of Directors for Progress Bank since its inception.



Deborah Abu-Alrub

Member, Islamic Center of Huntsville

Deborah is a native of Huntsville, an oncology nurse practitioner, and an active member of the local Muslim community. She has worked with the Interfaith Mission Service for the past twenty years.



Carolyn Foster

Rev. Deacon, St. Mark's Episcopal Church + Coordinator, Greater Birmingham Ministries

Carolyn serves as Tri-chair for the Alabama Poor People's Campaign. She believes she is called to bring people together by facilitating a process where each person discovers it is better to walk together than alone.