

Agenda

Friday, October 11



6:00-9:00 P.M

**WIG & WINE SOIREE PAJAMA JAM
RIVETER DALLAS**

LADIES, KICK OFF YOUR GLAMCON EXPERIENCE WEEKEND WITH A NIGHT OF WIGS, PAJAMAS, FREE FOODS, GAMES, MUSIC, AND FUN. GET STYLE AND BEAUTY TIPS FROM KRK MEDICAL SOLUTIONS, WHILE ENJOYING REFRESHMENTS FROM BAR BUNNIES, AND MEETING FABULOUS WOMEN DURING THIS SPECIAL EVENT AND KIVK-OFF. BRING YOUR FAVORITE WIGS AND WILL PROVIDE THE RES FOR YOU!!!!!!!

Saturday, October 12

8:00 Registration Opens
The Study USA

8:30 -
9:30

GLAMASTE YOGA WITH PRIYA PATEL
SPONSORED BY TOPO CHICO

10:00 -
10:10

GENERAL SESSION
WELCOME WITH GLAMSQUAD & LETITCA OWENS

10:10 -
10:25

WHAT'S YOUR SUPERPOWER WITH DEYA DIRECT
POWERED BY URBAN RX

10:28 -
11:02

KEYNOTE ADDRESS WITH DR. JESSICA SHEPHERD
HEALTH EXPERT/OB/GYN POWERED BY EDEN BODYWORKS



11:02 - GODDESS MOVES WITH MICHELLE ZADA
11:08

11:10 - "PRETTY STRONG PANEL", ANDREA WISE-BROWN; DR. TY
12:00 SANDERS; TIFFANEY DALE, MARTA CORDELL; DR.
TANGINIKA CUASCUD; MONICA GRIFFIN

12:00
TO POWERED IN PINK LOW IMPACT ZUMBA WORKOUT FOR
12:10 GLAMOROUS CONQUERORS PRESENTED BY JOY RYAS

12:10 EAT FOR YOUR LIFE BRUNCHEON, NETWORKING AND
TO PRESENTATION BY LALANII WILSON-JONES:
12:45 Open Mic: Sisterlouges

12:45 -
12:55 **Ice Breaker**

12:55 - KEYNOTE ADDRESS WITH MICHELLE J. LAMONT
1:30 MANIFESTING YOUR BEST LIFE

1:30 - MAINSTAGE WORKSHOPS
2:30 WITH TONYA CARTER & C GRAYCE BERNARD
"The Pink Print"

2:45 - CONVERSATIONS THAT HEAL WITH PRIYA PATEL & KIM
3:15 OLUSANYA

3:15 - LIVING WELL FITNESS FOR GLAMOROUS
3:30 CONQUERORS WITH MICHELLE L FITNESS

3:30 WRAP IT UP WITH DR. KIARRA KING

4:00 SURVIVORSHIP 101 WITH METHODIST
DALLAS PHYSICIAN

4:30

5:00 CLOSING REMARKS, NETWORKING, VISITING WITH
EXHIBITORS



Sunday, October 13

10:00 am to 12:00 pm

PRAISE & WORSHIP CONCORD CHURCH



1:30 pm to 3:30 pm

MEDITATION AND MINDFULNESS

BRUNCHEON

THE ASIAN MINT

*Registration during event