



2021 Bay Area Women's Empowerment Expo

Mind, Body, & Spirit: Reflections of a New You



Saturday, October 16, 2021
10:00am – 1:00pm

Opening Remarks	Jenee Skipper & Rita Wesley Event Co - Chairman
Greetings	The Honorable Rene Flowers Board of Pinellas County Commissioners
Occasion	The Honorable Deborah Figgs-Sanders St. Petersburg City Council
Special Presentation	Community Recognition
Intro of Keynote Speaker	Mrs. Crystal Pruitt Board Member, YDF of Pinellas County
Keynote Speaker	Mrs. Charletta Wilson-Jacks Deputy Director of Gov't Affairs, Atlanta
Reflections of a New You Discussion	Cheryl Young-Wardell M.D. ~ Moderator, Dr. LaDonna Butler, Zaneta Ellison, LMHC Angela Harvey, APRN Karen Davis-Pritchett, M.Ed
Mindful Meditation	Amber Skinner House of Skinner
Spoken Word	Karin Talbert, Poet
Sponsor Highlights	Florida SBDC, Party Cube Live and Soulagé Wellness
Chapter Remarks	Mrs. Lisa Brody, Esq., President of YDF Board and ZUO Chapter

Virtual Small Business Showcase 11:35 am – 1:00 pm
Sponsored by The Florida Small Business Development Center (SBDC)



Keynote Speaker ~ Charletta Wilson Jacks

Mrs. Charletta Wilson Jacks is the Deputy Director of Government Affairs for the 60th Mayor of Atlanta-Keisha Lance Bottoms. In this capacity, she is charged with collaborating with stakeholders to ensure effective implementation of the Mayor's legislative priority agenda with the City Council and other city stakeholders. Mrs. Jacks also provides leadership and counsel on matters of development policy and strategy.

Prior to this appointment, Mrs. Jacks served as Director of Planning/Zoning and Development. She is proud of her involvement in two of the city's most transformative development projects in the past few years. These projects include redevelopment of an approximately 40-acre undeveloped area in Downtown Atlanta - The Gulch, to be transformed into 15 new city blocks of new infrastructure, roads, sidewalks, open space and parks and the creation of development regulations for the sale of the Turner Field Stadium. This transaction set the groundwork for the redevelopment of this massive facility and surrounding area into a major commercial, institutional, and residential development.

Mrs. Jacks is the immediate past International Secretary of Alpha Kappa Alpha Sorority, Incorporated and the Secretary of the Educational Advancement Foundation Board of Directors, the Alpha Kappa Alpha Housing Foundation, and International Constitution Committee. As the Chairman of the International Membership Committee from 2010 to 2014, she provided leadership to the sorority that resulted in more than 17,000 members reactivating their membership.

Mrs. Jacks is a graduate of Howard University (B.A.) and Clark Atlanta University (M.P.A.) She is married to Bernard Ricardo Jacks and they are the proud parents of Ricardo Wilson Jacks. She is most proud to be called "Mimi" by her granddaughter Parker Leigh Jacks.



Dr. Cheryl Wardell ~ Moderator

Dr. Cheryl Wardell completed her undergraduate degree at Fisk University and received her Medical Doctorate from Meharry Medical College.

She completed her residency in General Psychiatry and a fellowship in Child & Adolescent Psychiatry at the Vanderbilt University Medical Center.

She is originally from Batavia, Illinois which is a western suburb of Chicago and home of National Accelerator Laboratories and the US headquarters of Aldi foods.

Dr. Wardell has been working at the Bay Pines VA for the past eleven years where she supervises nurse practitioners and addresses the needs of veterans who present to the emergency department seeking care.

Dr. Wardell is a hard working member of Alpha Kappa Alpha Sorority, Inc., the Zeta Upsilon Omega Chapter.



Dr. La Donna Butler

Dr. LaDonna Butler is the Founder/Executive Director of The Well for Life, a Wellness Center located in St. Petersburg, Florida.

She serves as a Learning and Development Facilitator and Adjunct Faculty at the University of South Florida - Family Studies Center. She is the Chair of the Board of Directors for the Healthy Start Coalition of Pinellas.

Dr. Butler has a graduate degree in Clinical Mental Health Counseling and a Doctorate in Counselor Education and Supervision. She is a Licensed Mental Health Counselor, Qualified Supervisor, and Master Certified Addictions Professional in the State of Florida.

In addition to these interests and accomplishments, she is most honored to have birthed and “Mothered” 5 of the most beautiful and brilliant children; Imari, Kira, Mason, Oren, and Quinci.

She is most loved by her husband, Minister Ulas D. Butler, who serves as Co-Founder and Spiritual Guide for The Well for Life, LLC.



Zaneta N. Ellison, L.M.H.C.

Zaneta N. Ellison is a native of St. Petersburg, Florida. She is a mother of 2 and a member of the St. Petersburg Alumnae Chapter of Delta Sigma Theta Sorority Inc.

Zaneta is a licensed Mental Health Counselor, Certified life coach, and the owner and operator of New Vision Behavioral Health Incorporated (NVBH). NVBH provides mental health and addiction counseling services to all ages, specializing in youth-based services.

Her work as a Transitional life therapist/coach is to support, uplift, encourage, and bring healing to the lives of others; to assist individuals in moving past their deepest and intimate place of pain. Her work enables others to see past their present circumstances and strive towards a place of authenticity, clarity, and mental-emotional wellness.



Angela Harvey, ~ APRN

As CEO of AI Medical and Behavioral Health (A1MBH), Ms. Harvey brings a wealth of professional experience to the emerging field of psychiatric mental health.

Ms. Harvey recognizes that there is a huge need for caring and empathic providers, which prompted her to expand the services offered by A1MBH. She has transitioned her practice to offer both personalized, and individualized psychiatric outpatient care. Her evaluation and assessments are comprehensive, and she provides complete, personalized follow-up care.

As a dedicated professional, and fully understanding the value of continued education she obtained a Bachelor of Science in Nursing from St. Petersburg College, and acquired a Masters in Nursing in Adult Gerontology & Occupational Health from the University of South Florida. She also studied at the University of Miami, where she obtained a specialized certification in Psychiatric Mental Health, and has also enjoyed a rewarding career within the United States Army Reserve.

Her practice provides an interactive, solution-based approach towards achieving overall mental wellness for patients ranging in ages from 8 to 99 years; A1MBH is primarily focused on medication management, and treating mental health disorders specifically related to:

- Anxiety Disorder, OCD, PTSD, and Substance Abuse
- Major Depression Disorders
- Attention-Deficit/hyperactivity disorder (ADHD)

Additionally, Ms. Harvey is licensed & certified in the following specialties:

- ANCC Psychiatric Mental Health Nurse Practitioner
- Advanced Practice Registered Nurse, State of [FL](#), [CA](#), & NY
- Adult-Gerontology in Primary Care Nurse Practitioner
- Medication Assistant Training (MAT)



Karen Davis Pritchett, M. Ed

Karen Davis-Pritchett is a native of St. Petersburg, Florida. She earned her Master of Education in Community Counseling, from Howard University and her Bachelor's degree in English Education from The Florida State University.

Karen is the founder and President of Strong and Beautiful LLC, which honors the remarkable strength and beauty of women. She is intentional about using her talents and skills to educate, encourage, and empower women to recognize the many facets of their strength, beauty, and fostering a sense of being unbothered. Her compassion, experiences, and ability to authentically connect with diverse audiences, allows her to deliver messages of hope and confidence. She is the author of two books, *CrossRoads* and *Strong and Beautiful*.

Karen is the Vice President of Access and Inclusion for the nation's largest non-profit hospice and palliative integrated care network. Her desire for everyone to have information to make informed decisions and healthy choices, as well as her dedication to our community, has been demonstrated by facilitating Healing Hearts Grief Camps for children, Advance Care Planning presentations, hosting community grief conversations, and leading efforts to giveaway over 1,000 books to local Pinellas County School District Title I elementary and middle school students.

Karen Davis-Pritchett is a wife and mother. She is a graduate of Leadership St. Pete class of 2014, Past Florida Diversity Council Board Member, College Summit Metropolitan Area Teacher of the Year, Legacy Award Education Award recipient, Community Leadership Award from Gathering of Women. She is also a member of the esteemed organizations of Alpha Kappa Alpha Sorority Inc. and The St. Petersburg Metropolitan Section of National Council of Negro Women. She serves on the NAHC Diversity Taskforce, Tampa Bay Diversity Council, Alzheimer's Association IDEALL Council, and Achieving Equity Together Board Member. Karen is also a Certified Laughter Yoga Group Facilitator.



Amber Skinner - Mindful Meditation

Amber Skinner is a certified personal trainer and yoga instructor and who offers classes and one-on-one sessions through her family business, House of Skinner Wellness, LLC whose mission is to provide individuals with holistic wellness solutions that create healthy lifestyle changes.

Amber also earned a Bachelor of Science degree in biology from Murray State University and a Masters of Public Health from the University of South Florida and currently serves as a Program Administrator at Moffitt Cancer Center.



Karin Talbert ~ Poet

Ms. Karin Talbert of Black Beauty Poetically was born and raised in St Petersburg where she was a star basketball player at Boca Ciega High School.

Not only did she play basketball she wrote poetry as a form of expressing her feelings. She received a basketball scholarship in which she went to college but ended up dropping out to get married to her oldest son's father. She then moved to North Carolina with her then husband but didn't remain married because of domestic violence.

She was now a single mother working and performing open mics. At the open mics she was well received with standing ovations and a lot of love. She realized she had a gift with poetry but never really knew her power until 2017 when she almost lost her life. Not only is she a domestic violence survivor she is also a survivor of life whose trials and tribulations are her lessons in life.

With her extreme passion for expressing her feelings from her heart in the form of poetry she knows she is on Earth for a reason to touch lives one life at a time. Her poetry is filled with love, hurt, love and more love and she knows the Most High is the reason for it all and she's a walking billboard for the Lord.