
GLOBAL FOUNDATION
FOR WOMEN'S HEALTH
PRESENTS
EDUCATE.
EMPOWER.
HEAL.
THRIVE.
Stronger
Women.
Brighter
Futures.
EMPOWER Her
HEALTH FAIR
A DAY OF EDUCATION | CONNECTION | WELLNESS | HOPE
SUNDAY
OCTOBER 18, 2026
10:00 A.M. – 4:00 P.M.
SAINT TIMOTHY'S
EPISCOPAL CHURCH
2838 EAST SPLOAIS ROAD
DECATUR, GA 30034

Event AGENDA

10:00 a.m. – 12:00 p.m.
CHURCH SERVICE
(Optional, yet encouraged)
Worship, reflection, and a time of blessings.

12:00 p.m. – 12:45 p.m.
FOOD, MUSIC & VENDOR SHOWCASE
Enjoy light refreshments, music, and visit our vendors.

1:00 p.m. – 1:45 p.m.
Nourishing Through Midlife
Practical Nutrition, Stress, and Sustainable Weight Wellness
Chef LeighM, BScN

2:00 p.m. – 2:45 p.m.
Domestic Violence Awareness & Safety
Education, resources, and steps toward safety:
Natalie Calabrese

3:00 p.m. – 3:45 p.m.
Breast Cancer Awareness
Prevention, Early Detection, Mammograms & Screening
Dr. Aretha Nelson-Casimir

VISIT · LEARN · COLLECT · WIN!
Complete your Vendor Passport Check-Off for a chance to be entered in our raffle.

Together,
we can create a healthier, safer, and brighter future for every woman.

Meet Our Speaker



NUTRITION & WELLNESS

Chef LeighM, BScN

Nutritionist | Celebrity Chef | Kitchen Herbalist | Wellness Coach

1:00 p.m. – 1:45 p.m.

Nourishing Through Midlife:
Practical Nutrition, Stress, and Sustainable Weight Wellness

Chef LeighM, BScN, is a registered nurse, nutritionist, celebrity chef, kitchen herbalist, and wellness coach with a passion for helping women embrace healthier, stronger, more vibrant lives. Through her signature approach that blends nutritional science, delicious whole foods, and holistic wellness, she empowers women – especially in midlife – to take control of their health, manage stress, and achieve sustainable weight wellness. Chef LeighM believes that food is medicine and that small, consistent changes can create lasting transformation.

Meet Our Speaker



DOMESTIC VIOLENCE AWARENESS

Natalie Calabrese

Victim Witness Assistant Program Coordinator
DeKalb County Police Department

2:00 p.m. – 2:45 p.m.

Domestic Violence Awareness & Safety

Education, resources, and steps toward safety.

Natalie Calabrese serves as a Victim Witness Assistant Program Coordinator with the DeKalb County Police Department. She is a dedicated advocate for victims and survivors, working to provide support, education, and resources to promote safety and healing. Natalie is committed to raising awareness about domestic violence, empowering individuals with knowledge, and connecting them to the services they need to build safer, stronger futures.

Meet Our Speaker



BREAST CANCER AWARENESS

Aretha Nelson-Casimir, MD

High-Risk Breast Cancer Internal Medicine Physician |
Certified by the American Board of Internal Medicine

3:00 p.m. – 3:45 p.m.

Breast Cancer Awareness:
Prevention, Early Detection, Mammograms & Screening

Dr. Aretha Nelson-Casimir offers risk management and advocacy for people with an increased risk of breast cancer. She helps patients with their level of risk, prevention options, and screening recommendations. She also provides comprehensive care for a range of other medical conditions and preventative services.

GLOBAL FOUNDATION FOR WOMEN'S HEALTH

FACILITATING A BRIGHTER HEALTHIER TOMORROW



Educate. Empower. Connect.

Women. Communities. Brighter Futures.

FACILITATED BY
GLOBAL FOUNDATION FOR WOMEN'S HEALTH

Lady Michelle Connor
Founder & Executive Director
Global Foundation for Women's Health
Doctoral Student in Community Care and Counseling

The Global Foundation for Women's Health is dedicated to educating, empowering, and connecting women to resources that support whole-person wellness — physically, mentally, emotionally, and economically.

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gfwomenshealth.com

COMMUNITY | EDUCATION | WELLNESS | HOPE