

Legacy Training, Inc.



15TH ANNIVERSARY

"Our Lives Our Stories"

African American Women's Health Conference

AUGUST 16, 2025

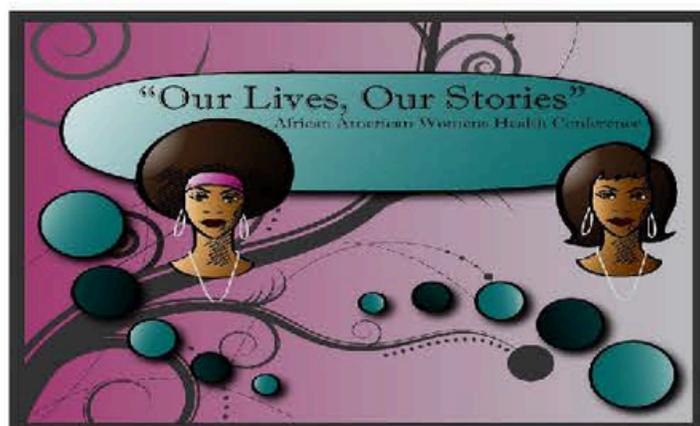
ULLIN, IL

PROGRAM GUIDE

YOUR PATH THROUGH THE PROGRAM

Use this page to quickly find every section of your program booklet.

AGENDA ITEM	PAGE
Welcome letter	1
Agenda	2
Speaker Information	3
Award Winners	8
Sponsors - Exhibitors - Vendors	9
Photo Circle App Information	10
Local Organizations and Businesses Ads	11





LEGACY WELCOMES YOU!



The "Our Lives, Our Stories" African American Women's Health Conference is a culturally responsive health conference that centers the needs of Black women in our region. Rooted in health equity and community empowerment, the conference addresses persistent racial and gender-based disparities in access to care, education, and outcomes.

Black women face disproportionate rates of chronic illnesses such as hypertension, diabetes, heart disease, and cancer. In Illinois, for example, Black women are nearly three times more likely to die of pregnancy-related causes than white women. These disparities are not the result of individual behaviors alone, but stem from systemic barriers including medical racism, lack of culturally competent providers, economic inequality, and insufficient access to preventative care.

The conference meets this need by offering a safe, affirming space where Black women can access trusted health information, screenings, wellness services, and peer support. Beyond education, the event connects women to vital resources, including health insurance navigation, local clinics, mental health services, and chronic illness support networks. Through these connections, attendees are better equipped to advocate for themselves and others, leading to earlier detection, improved treatment adherence, and more equitable outcomes. By prioritizing outreach in front-line communities and removing barriers to participation, the conference intentionally includes voices often excluded from traditional health spaces. Feedback from past participants shows increased knowledge, confidence, and commitment to follow-up care.

In short, this conference is not a one-time event—it is a community-based intervention. It bridges gaps in care, promotes healing, builds trust, and affirms the health and humanity of Black women.

-Lynne Chambers, CEO, Conference Convenor

Conference Committee

Lynne Chambers
Carolyn Harvey
Carol Hendon
Carolyn Dumas
Crystal Russell
Veronica Stokes

Katrina Jones
Sandy Pullett
Stephanie Fisher
Tameika Morris
Ona Rivero Winfield
Breawna Austin

Registration

Grab and Go Breakfast - L-Atrium
Exhibitor/Vendor Hall - Gym
Health Screenings - L-Atrium

Welcome - Cafeteria

Lynne Chambers, JD, MSW

Serenade to the Ladies

Jamar Scott, Vocalist
Accompanied by Greta Matthews

Keynote Address

- “The BluePrint for Wellness”
 - Jamar Scott

Speakers Panel

- “From Pulse to Power”: Taking Control of Your Cardiovascular Health
 - Mary Green-Brown, RN, BSN, CNRN
- “What’s So Sweet about Potatoes”
 - Dr. Ella Lacey, PhD
- “Whole Women, Whole Health”
 - Talia Jones, RN

Award Ceremony

- Chairman’s Award
 - Carolyn Dumas
 - Stephanie Fisher
- Ida B. Wells Award
 - Rachel Burns
- Sojourner Truth
 - Talia Jones

Lunch

Hannibal Black Sports Grill

“Let’s Move”

Boots on the Ground
Line Dance Lesson - Dominique Hamilton

Honored Storyteller

Yemisi Anderson

Closing Remarks

Evaluations
Door prizes
Silent Auction
Adjourn



“Let’s Move!” was a public health campaign launched by First Lady Michelle Obama in 2010 to combat childhood obesity in the United States. The initiative aimed to ensure that children born today would reach adulthood at a healthy weight by promoting healthy eating habits and increased physical activity. The campaign focused on five key areas.



SPEAKER INFO



Jamar Scott

For more than two decades, Jamar Scott has dedicated his career to ensuring equitable outcomes for ALL STUDENTS. His work has been driven by the unwavering belief that every child deserves access to an exceptional education—one that empowers them to thrive academically, socially, and emotionally, regardless of their background or circumstances.

As a first-generation college graduate, Jamar has experienced firsthand the transformative power of education. It has not only opened doors to incredible opportunities but also reshaped the trajectory of his life in profoundly positive ways. This personal

journey fuels his passion and deep commitment to making sure every student has access to the same life-changing possibilities that a high-quality education provides.

Throughout his career, he has worked tirelessly as an educator, leader, and advocate for educational equity. Jamar partnered with students, families, educators, and communities to break down barriers to success, design inclusive practices, and create systems that uplift marginalized voices. Whether in classrooms, boardrooms, or community forums, he is resolutely focused on building environments where every child feels valued, supported, and empowered to achieve their fullest potential.

Jamar's life's mission has always been clear: to provide every student with the opportunities they deserve to excel and contribute to the world. This work is not just a professional goal—it is a personal calling that continues to guide him every day.

As he looks to the future, Jamar remains inspired by the resilience and brilliance of students and by the collective effort of educators and advocates working toward a more just and equitable education system. Together, we can ensure that no student is negatively impacted by their educational experience and that every child's dreams are within reach.



SPEAKER INFO

CONTINUED



Mary Green-Brown

Mary Green-Brown is a seasoned registered nurse with over 30 years of clinical experience and a deep commitment to stroke education and prevention. Since 1993, she has served at Mercy Hospital Southeast (formerly Southeast Hospital), where she has dedicated her career to improving neurological care and patient outcomes. In her current role as Stroke Coordinator, which she has held since 2017, Mary leads the hospital's Primary Stroke Program. She develops and delivers comprehensive stroke education for patients, staff, and the community, with a focus on helping individuals understand risk factors and prevention strategies. Her passion lies in

empowering patients and families with the knowledge to recognize symptoms and make informed health decisions.

Mary holds a Bachelor of Science in Nursing from Southeast Missouri State University and is a Certified Neuroscience Registered Nurse (CNRN). She is an experienced speaker and educator, having presented on a range of neurological topics including ischemic and hemorrhagic stroke, brain tumors, seizures, and neurodegenerative disorders at conferences and in hospital-based courses.

She is an active member of the American Heart Association/American Stroke Association, the Association of Stroke Coordinators, and the American Association of Neuroscience Nurses. Mary also holds Advanced Cardiovascular Life Support (ACLS) certification.



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SPEAKER INFO

CONTINUED



Ella Phillips Lacey

Dr. Ella P. Lacey was born in Hayti, in Missouri's Bootheel region. Except for two years in Akron, Ohio, and Detroit, Michigan, she attended Central High School in Hayti, graduating as valedictorian at age 15. Without a scholarship, she enrolled at Lincoln University in Jefferson City, Missouri, but left after one semester due to financial hardship. She then worked in Chicago as a federal Civil Service statistical clerk before enrolling at Southern Illinois University (SIU) in Carbondale, earning a degree in psychology in 1964—along with a husband and three children.

Dr. Lacey began her career as a counselor for long-unemployed coal miners and later for the State of Illinois. After earning a Master's in Rehabilitation Administration, she was recruited by the SIU School of Medicine to replace hearses used for emergency transport with DOT ambulances in southern Illinois—successfully securing five ambulances and trained personnel. She later earned a Ph.D. in Community Health Education, developed curricula for medical and doctoral students, researched pica, and served at local, state, and national levels for two decades.

Retiring at 54 with 35 years of credited service, Dr. Lacey joined the U.S. Peace Corps, serving 27 months in Africa, followed by multiple assignments as a CDC-trained polio consultant for UNICEF and WHO. She also worked on water, sanitation, and hygiene projects in Malawi and Kenya, including a Rotary-sponsored project on Remba Island.

In Carbondale, she volunteers with the I Can Read Program and has held leadership roles in AAUW, NAACP, UNA-USA, Rotary International, Delta Sigma Theta Sorority, and the Race Unity group. She is the mother of four, grandmother of 12, and great-grandmother of six, and continues to travel extensively, with hopes to visit Taiwan in 2026.

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SPEAKER INFO

CONTINUED



Talia Jones, RN

Talia Jones is a 22-year-old labor and delivery nurse and certified birth doula with a deep passion for women's health. She was inspired to pursue this path after witnessing the lack of resources and support available in her own community—particularly for Black women, who statistically face greater risks and receive less adequate care in gynecology and obstetrics. Talia's mission is to educate, advocate, and raise awareness about these disparities, both locally and beyond. Outside of her professional work, she enjoys photography, reading, and music—creative outlets that keep her grounded and inspired.

Yemisi M. Anderson, M.S. Ed

Yemisi is a faith-driven entrepreneur, author, illustrator, and passionate “momager” to her son’s educational brand, The Anderson Academy. A wife and homeschooling mother of three, Yemisi blends her background in education, entrepreneurship, and lived experience to inspire others to pursue God's purpose for them. She is the founder of The JAY Effect, a spice brand and catering company, and Cherished Gifts, a faith-based company encouraging people to embrace who God says they are—beyond trauma, labels, or past experiences. A survivor of the foster care system, Yemisi uses her voice and platform to show others that your past doesn't define you—God does. Through her businesses, books, and real-life transparency, Yemisi empowers families, entrepreneurs, and communities to build legacy, walk in faith, and lead with excellence—right from where they are.



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SPEAKER INFO

CONTINUED



Dominique Hamilton - Instructor of Dance | Founder & CEO, Dance Connect Worldwide

Dominique is an accomplished dancer, choreographer, and educator whose journey in dance began at Jeraldyn's School of Dance in Dayton, Ohio. She refined her artistry at the prestigious Stivers School for the Performing Arts under the mentorship of DeShonna Pepper Robertson, before advancing to Howard University, where she earned her Bachelor of Arts in Political Science/Pre-Law, graduating Magna Cum Laude. While at Howard, Dominique made history by co-founding *I.Am.We*, the university's first contemporary dance company.

Her versatile career spans performances with

acclaimed companies and artists including Under Armour, MTV, Mary Mary, J. Cole, Wale, Raheem DeVaughn, Natalie Cole, Shirley Caesar, Dionne Warwick, and Dissonance Dance Theater, among others. She has been featured in music videos, commercials, short films, and national publications, and even opened for The Steve Harvey Show. As a choreographer, Dominique's work has graced stages from the Miss Intercontinental Pageant to the Universoul Circus, Youth America Grand Prix (1st Place Winner), Georgetown University, and Outcry The Play.

Her leadership in the dance community was recognized by former First Lady Michelle Obama, who invited her to the Celebration of Black Women in Dance at the White House. She was later commissioned by the DC Commission on the Arts and Humanities to curate an evening-length show for the DanceAcosita! Festival, and in 2018, she was nominated for the prestigious Princess Grace Award. Dominique spent the majority of her professional dance career as a principal dancer with the world-renowned Deeply Rooted Dance Theater. She now leads as Founder and CEO of Dance Connect Worldwide, a global resource hub and professional network for dancers. A woman of deep faith, Dominique attributes her success to God and draws daily inspiration from her three younger sisters—Sydney Atwood, Dejene Wortham, and Sannaa Atwood.

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AWARD WINNERS

CHAIRMAN AWARD

Carolyn Dumas



Carolyn is the wife of Herman Dumas and mother of two daughters, Thea and Erica. She graduated from Shawnee Community College with an Associate of Applied Science Degree. Carolyn retired from Shawnee Community College and the Illinois

Department of Corrections after a combined 33 years of service. She served on the Meridian School Board for 3 terms; worked part-time for Chambers and Associates, Inc., Legacy Training and Development, Inc., and returned to Shawnee Community College part-time since retirement. In addition, she was a Mary Kay Consultant for many years. Carolyn is active in her church and works with the Alexander Pulaski Counties NAACP and serves on the Board of Legacy Training, Inc.

Stephanie Fisher



Stephanie J. Fisher is a dedicated community leader, artist, and storyteller who has made lasting contributions to Southern Illinois. Ordained into the Gospel Ministry in 2009, she also earned a Bachelor's degree in Biblical

Studies. Now retired, she resides in Grand Chain, Pulaski County. A native of Chicago, Stephanie returned to Southern Illinois in 2002 and has been deeply involved in service through Chambers and Associates and as a founding Board Member of Legacy Training, Inc. A gifted folk artist, she uses her work to reflect and preserve the culture of her community. Her commitment to service includes training in HIV/AIDS prevention through the Illinois SISTA program, leading Chambers and Associates' Sojourner Project, and conducting the local Heart Smart Program. She also volunteered at Tamms Correctional Center, participating in monthly church services sponsored by SJPWC of Pulaski. Through her art, ministry, and community engagement, Stephanie J. Fisher continues to inspire, educate, and serve with compassion and creativity.



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AWARD WINNERS

SOJOURNER TRUTH

Talia Jones, RN

Talia Jones is a 22-year-old labor & delivery nurse and certified birth doula with a big heart for women's health—especially in Black



communities. She's on a mission to educate, advocate, and shake up the system. When she's not catching babies, you'll find her behind a camera, lost in a book, or vibing to her favorite tunes.

IDA B. WELLS

Rachel Burns

Rachel Denice Burns
Founder of Simpli Rachel | Community Leader | Grandmother | Caregiver



Rachel Denice Burns is the founder of Simpli Rachel, a Cairo, Illinois-based nonprofit

dedicated to serving youth, elders, and families through love-driven community outreach. A devoted grandmother, caregiver, and former military spouse, Rachel's journey has taken her across the globe—shaping her into a woman rooted in compassion and purpose.

Since returning home in 2010, Rachel has become a cornerstone of her community. From launching Cairo's beloved Trunk or Treat tradition to leading initiatives like A Warmth of a Blanket and supporting grieving families with free meals, her acts of kindness ripple far and wide. With the strength of her village and the joy of 20 grandchildren and 5 great-grandchildren, Rachel continues to pour heart and hope into every corner of her hometown.

Her legacy is one of love in action—a true testament to the power of community.

LEGACY TRAINING, INC.

SOJOURNER TRUTH & IDA B. WELLS AWARDS

AFRICAN AMERICAN WOMEN'S HEALTH CONFERENCE



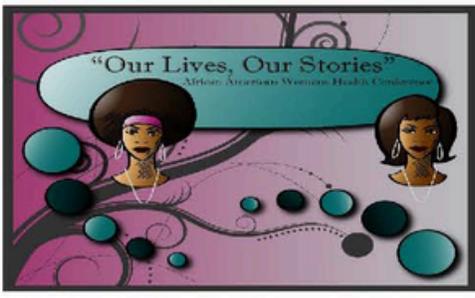
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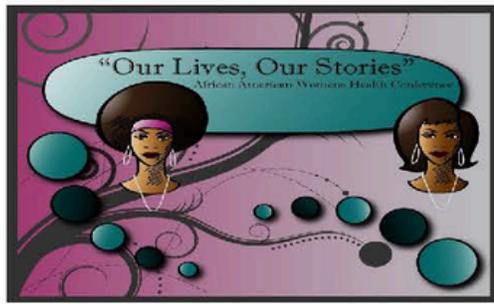
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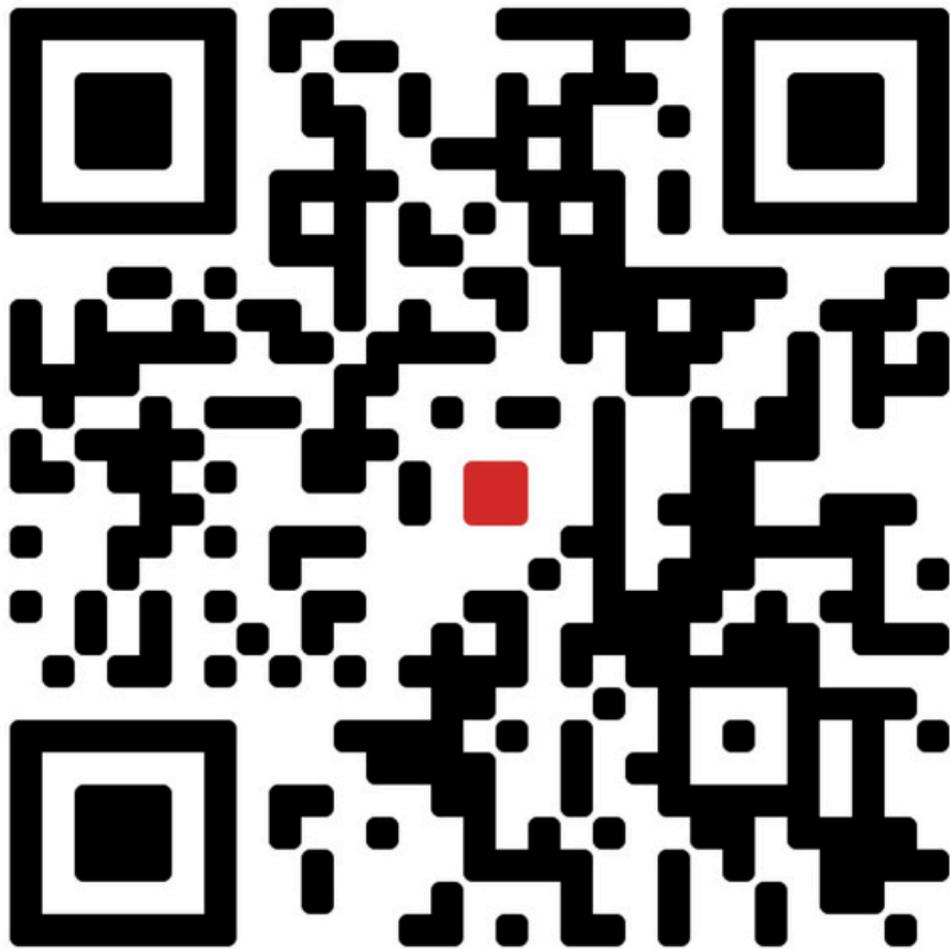
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Share & View Conference Memories!

Use the QR code below to join this year's African American Women's Health Conference photo gallery on the **Photo Circle** app. Snap your favorite moments, upload them instantly, and enjoy photos shared by other attendees – all in one private gallery.



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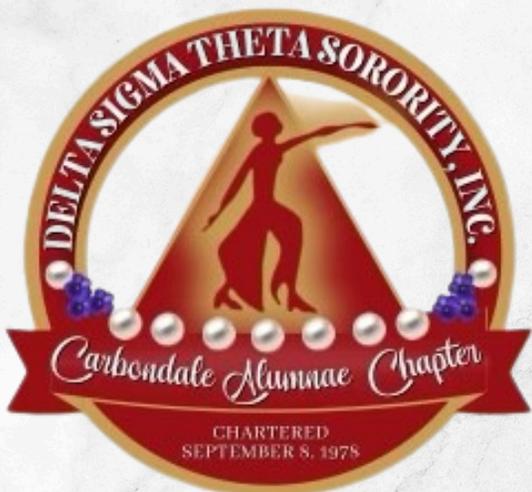
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“Our Lives, Our Stories”

15th African American Women’s
Health Conference

Saturday August 16, 2025

Shawnee Community College, Ullin, IL



Thank you, Legacy Training, Inc., for your heartfelt care and commitment to the Southern Illinois community—especially through your support of the African-American Women's Health Conference.

Your dedication to promoting wellness, education, and empowerment among African-American women is both inspiring and impactful. We deeply appreciate the compassion and leadership you bring to this vital cause, and we celebrate the difference you're making in the lives of so many.

Carolin Harvey, Mayor
City of Carbondale, Illinois

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“ I think the number one thing Black women and all Black people should be paying attention to is our health.

-bell hooks

”

*Best wishes for a great
Conference!*

Julie Hancock

Pulaski County Clerk

P.O. Box 118

Mounds City, IL 62963

jhancock@pulaskicountyil.gov

Office Hours

Mon-Fri 8:00 a.m. to 4:00 p.m.

(Closed from 12:00 p.m. to 1:00 p.m. for lunch)



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Best wishes for a successful 15th African
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Davelle & Sherry Massie, Owners

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We believe that when women thrive, families flourish, and communities grow stronger. That's why we stand with Legacy Training, Inc. and all those working tirelessly to make this conference a beacon of hope and healing.

To every woman attending: you are valued, you are powerful, and you are deeply loved. May this conference renew your strength and inspire your journey. God bless you all.

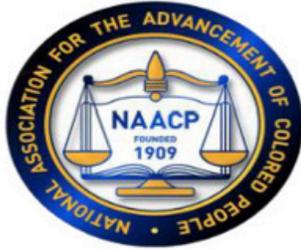
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NAACP

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Minister Tyrone Coleman, President

Craig Ballard, Vice President

Artie McBride, Treasurer

Sarita Sawyer, Secretary

HOW TO JOIN THE NAACP AND WHAT TO DO?

Who should join the NAACP? Any person wanting to work together to eliminate racial discrimination and encouraging equitable opportunities. How do I join? Request a membership application at the Cairo office or by calling the Cairo office at 618-734-9188, via email at alex.pul.illinois.naacp@gmail.com, or ask a member. Complete and return the form along with your membership fee to PO Box 54, Cairo, IL 62914.

NAACP VISION STATEMENT

The vision of the National Association for the Advancement of Colored People is to ensure a society in which all individuals have equal rights and there is no racial hatred or racial discrimination.

MISSION Statement

The mission of the National Association for the Advancement of Colored People is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate racial hatred and racial discrimination.

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Annual Women's Health Conference**

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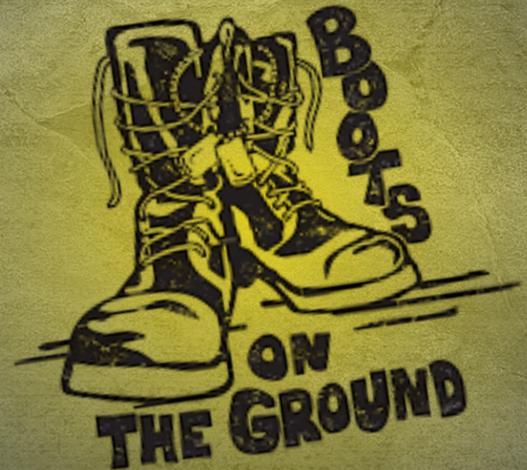
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Boots on the Ground Where Them Fans At?

“Boots on the ground” means we’re all in—ready to stand, fight, and push forward for what’s right.

Historically, fans have symbolized royalty and honor. Together as Kings and Queens, let’s unite in harmony for our common cause, carrying on the fight our ancestors began. So come on—Boots on the ground...where them fans at?

— S. J. Fisher, Grand Chain, IL. 2025



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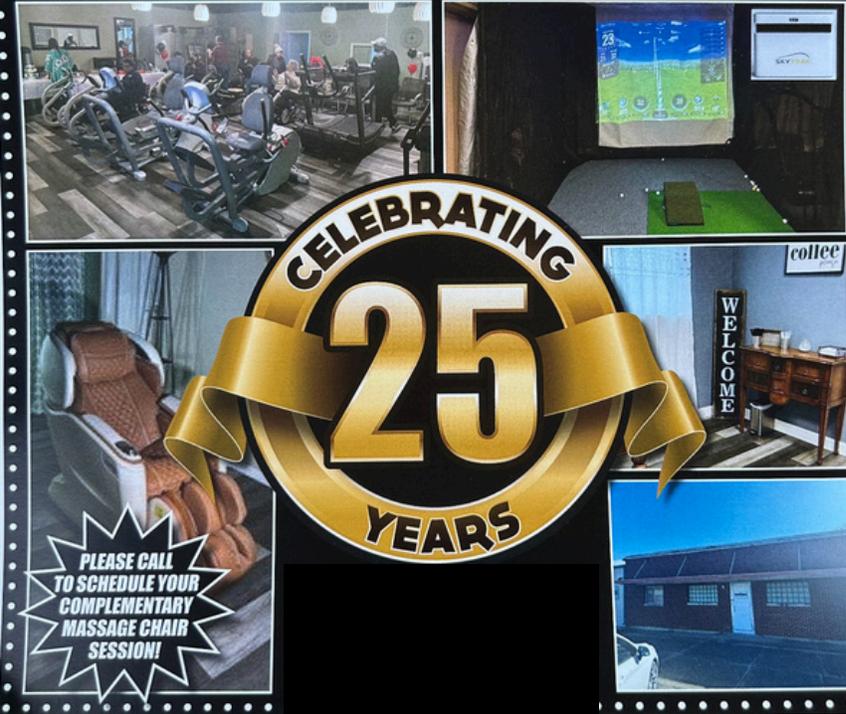


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'For God did not send the Son into the world to judge the world, but that the world might be saved through Him.'

John 3:17



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