

THE UMBRELLA GROUP

UMB Roundtable on Empowerment in Leadership
and Leveraging Aspirations

Empowering Women to Succeed

#umbwhm

UNIVERSITY OF MARYLAND, BALTIMORE CELEBRATES

WOMEN'S HISTORY MONTH



MORNING KEYNOTE

**Pamela M. Peeke, MD,
MPH, FACP, FACSM**

*Integrative health and
wellness expert; adjunct
assistant professor,
School of Medicine*

UMBrella Symposium: *The Myth of Balance or The Art of Being Unbalanced*

This year's event features a daylong symposium designed to help participants who are juggling their career demands with needs tied to family, personal wellness, finances, social life, and more. There will be two keynote speakers, breakout sessions, a workshop on mindfulness and self-care, and networking lounges to close the proceedings.

TUESDAY, MARCH 9, 2021

VIRTUAL | 9 A.M. - 4:30 P.M.



AFTERNOON KEYNOTE

DeRionne Pollard, PhD, MA

*President, Montgomery
College*

BREAKOUT SESSIONS



**"You! The Captain
of Your Health and
Wellness"**

Kelli Bethel, PT, DPT

*Clinical director and
director of yoga and yoga
therapy, Center for
Integrative Medicine,
School of Medicine*



**"Self-Awareness,
Well-Being, and
Professional
Success: Finding the
Balance"**

Isabel Rambob, DDS

*Clinical assistant
professor, School of
Dentistry*



**"Recognizing
and Coping
with Stressful
Triggers"**

Mai Trinh, MS

*Holistic health
counselor; founder,
Mai Health Now*

AFTERNOON WORKSHOP



**"Life in the Sandwich:
How to Care for
Children, Aging
Parents, and You!"**

Liz O'Donnell

*Expert on working while
caregiving; founder,
Working Daughter.com*



**"Financial Wellness:
Plan Today for the
Tomorrow You
Envision"**

Beth Rosenwald

*Managing director,
Rosenwald Team-RBC
Wealth Management*



**"Filling Your Cup
So You Can Lift
Others Up"**

**Allison Morgan, MA,
OTR, E-RYT**

*Founder and CEO,
Zensational Kids*

LEARN MORE AND REGISTER TO ATTEND AT
umaryland.edu/whm-2021-registration

