Welcome

We could be more excited to tick off our 2nd annual Women ROCK event at historic Asbury Park Convention Hall and Paramount Theatre. Last year’s event brought together like-minded women to share in activities that nurture the body, mind, and spirit. This year we have even more motivating experiences! Explore the five pillars of Hackensack Meridian Health & Medicine’s program – Sleep, Activity, Nutrition & Resilience.

Take time to discover women’s health and wellness services, and meet with our extraordinary women who will give you great ideas on how to grow more balance and beauty in your life. We will also be offering offsite pilates throughout the afternoon! You’ll have the chance to participate in interactive fitness and wellness sessions, and hear from our panel of expert guest speakers, entrepreneurs, and author Beth B. Brown for practicing resilience and mindfulness, and cheer on our素晴らしい volunteers as they’re inducted into our Women’s ROCK Hall of Fame.

Stop by the Ask the Experts station where you can have your health questions answered by our integrative Health & Medicine specialists. Plus, check out the healing art gallery to view original artwork from Hackensack Meridian Health team members. Looking for a way to give back? Massages offered in the activitypillar are $1 per minute, with all proceeds being donated to Fulfill of Monmouth & Ocean Counties.

Meet Your Emcees

Lou Russo
Lou has been on Co-host of The Point’s “Lou & Liz in the Morning” for 16 years! Lou is known to be the “—you’re only as old as your radio callers” and Lou is located in Asbury Park. It’s like this long-time radioperson that makes for such a successful morning show! Lou likes to mix up the show with some morning announcements right at 6 am. A working mom of five school-aged kids, Lou is able to relay the daily info that is so dear to the listeners’ hearts. Whether it’s raising a household, talk about “you just had to call” or “you just had to write” and working out, Lou is pretty much like most women. That is why she talks to her listeners as if they are friends!

Liz Jeressi
Liz is pretty much like most women. That is why she talks to her listeners as if they are friends! Whether it’s running a household, kids’ antics, or “girl stuff” (like friendship, working out, shopping) or “guy stuff” (like work, kids, trips), Liz is pretty much like most women. Sharing all of these experiences can be so rewarding! Liz is also the creator of Health & Wellness Wednesday, where you can call in to share your stories, laughter, and banter with Lou weekday mornings from 5:30 am-10 am.

Congratulations

We’re so proud to honor the second class of Women ROCK Hall of Fame recipients. These women have all made a positive impact on their family, friends and community. Each unique story can be found on HackensackMeridianHealth.org/WomenRock. Below is a worthy list of why these women are nominated for recognition and celebration:

Women Rock

Part of the Lyrics for Life event series.

It’s time to rock your health and rock your life!

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Liz Jeressi
Liz has been co-host of 94.3 The Point’s “Lou & Liz in the Morning” for 14 years! As a working mom of two school-aged kids, Liz is able to relate to the daily life that so many of her listeners share. Whether it’s running a household, kids’ antics, or ‘girl stuff’ (like friendship, working out, shopping) Rock on! Liz is pretty much like most women. That is why she talks to her listeners as if they are friends!

Lou Russo
Lou loves to start Monmouth and Ocean Counties’ day with a laugh. Lou has been a New Jersey resident for over 30 years, and considers the Jersey Shore his favorite place in the world. He and his wife Diane have two wonderful children, Laura and Louie. Lou has been doing the morning show with Liz Jeressi for many years now, and they still are searching for something they agree on!

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Rockin’ Her 60s – Jay Skeete Lee
As a professional ballet dancer, Jay is the owner of Wayne Dance Theatre, an educational center that educates children and adults, helping young boys and girls to develop their beliefs about themselves and their possibilities. Jay has raised over one million dollars and has helped hundreds of women who are in financial crisis and are struggling with breast cancer.

Rockin’ Her 50s – Amy O’Brien
Amy O’Brien received her Bachelor’s degree when she was just 15 years old after three family members were diagnosed with cancer. She decided to help by setting up a bake sale at church, and then put together a girls’ weekend retreat to raise money for cancer research. She is dedicated to providing critical interventions for women who are facing financial hardship in a battle with cancer.

Rockin’ Her 40s – Megan Faulkner
Megan is the youth ministry leader at St. Paul’s Methodist Church in Asbury Park, New Jersey. She is an active member of the Society for the Prevention of Teenage Suicide and uses this platform to bring several campaigns to her high school audience around mental health issues and suicide prevention.

Rockin’ Her 30s – Patty Rech
Patty is a non-profit development consultant helping children and their families suffer from pediatric and adult cancers. She volunteers 160,000 hours and raised $450,000 for the St. Jude Children’s Research Hospital. Patty has colored in three oblongs, and has helped children with pediatric cancer. She is a role model for her children, in order to support the development of history and education in their children. Patty also has been helping kids across the country, for example, helping kids learn to dance at the Asbury Park Dance Theatre, an education center that focuses on educating young boys and girls to become their best selves through the arts. From community outreach and lecture series to workshops and performances, Patty is a woman who is constantly spreading love and hope to those who need it.

Rockin’ Her 20s – Kerianne Hadding
Kerianne was an active Peace Corps Volunteer. At just 14 years old, Kerianne began suffering from anxiety and depression. She fought to get better and to make it back to her life. She used her platform to bring several campaigns to her high school audience around mental health issues and suicide prevention. At just 14 years old Kerianne began suffering from anxiety and depression. She fought to get better and to make it back to her life. She used her platform to bring several campaigns to her high school audience around mental health issues and suicide prevention.

Rising Star – Erika Rech
Erika is a Women’s Health & Medicine specialist. She is the founder of a private practice in New Jersey. She is the founder of the Hackensack Meridian Women’s Health & Medicine specialist. She is the founder of a private practice in New Jersey. Erika is the founder of the Hackensack Meridian Women’s Health and Medicine providers. She is the founder of the Hackensack Meridian Women’s Health and Medicine providers. She is the founder of the Hackensack Meridian Women’s Health and Medicine providers.

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Plan Your Experience

Vendors will be exhibiting for the entirety of the event, below are special experiences occurring at particular times of the day.

### Convention Hall

- **11:45 a.m. - 1:15 p.m.**: Doors open
- **1:15 p.m. - 1:45 p.m.**: Fresh Kitchen cooking demo @ Nutrition pillar
- **2:15 p.m. - 3:15 p.m.**: Meridian Fitness & Wellness jumbo demo @ Main stage
- **3:30 p.m. - 5:55 p.m.**: Grand stage price raffle & giveaways

### Paramount Theatre

- **“Beauty From the Inside Out - A Conversation with Bobbi Frumen”**

### GrandArce

- **5 p.m. - ?**: Girls Night Out after party at local restaurants, bars, and shops. See inset for more details!

### Ask the Experts

- **9:30 a.m. - 11:30 a.m.**: The Power of Purpose video viewing – The Secret to Beauty is Simple video viewing – Women Who ROCK Hall of Fame Awards
- **12:10 p.m. - 12:25 p.m.**: 11:45 a.m. to 12:25 p.m.: Event kickoff with Lou & Liz from 94.3 The Point
- **12:15 p.m. - 2:15 p.m.**: Sky Blue FC
- **2:15 p.m. - 2:30 p.m.**: Pineapple Surf School
- **2:30 p.m. - 3:30 p.m.**: Bobbi Brown book signing @ Ask the Experts station
- **3:45 p.m. - 4:45 p.m.**: Otsa Treats cooking demo @ Nutrition pillar
- **4:45 p.m. - 4:55 p.m.**: Women Who ROCK Hall of Fame Awards @ Main stage
- **5:15 p.m. - 6:15 p.m.**: Bobbi Brown is an entrepreneur, author and a featured author in the best-selling book, Own Your Power: Your Guide to Feeling Purpose

### Purpose

- **9 a.m. - 11 a.m.**: Dr. Stacy Doumas obtained her medical degree from the University of Medicine and Dentistry of New Jersey School of Medicine and received her residency training in Obstetrics and Gynecology at Seton Hall University College of Osteopathic Medicine. Before joining her husband, Dr. Joseph Doumas, in private practice for three years in Shrewsbury, New Jersey, she attended Ramapo High School, then went to Colby College where she competed in fencing and also coached fencing. She then attended Chicago Medical School where she received her Medical Degree and then went on to the University of Medicine and Dentistry of New Jersey School of Osteopathic Medicine in Teaneck and graduated with distinction in Biology. She then attended Chicago Medical School where she received her medical degree from the University of Medicine and Dentistry of New Jersey School of Osteopathic Medicine. Dr. Cipriano is in private practice as a board-certified child and adolescent psychiatrist at the University of Medicine and Dentistry of New Jersey School of Osteopathic Medicine, where she specializes in the diagnosis and treatment of childhood and adolescent psychiatric illness and focuses on the intersection of mental illness and substance abuse.

### Resilience

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Explore the five pillars of Hackensack Meridian Health’s Integrative Health—Dance, Sleep, Activity, Purpose, Nutrition and Resilience.

Take time to discover women’s health and wellness services, and immerse with our community members who will join you on your quest to achieve more balance and beauty in your life. We will also be offering off-site Pilates throughout the afternoon. You’ll have the chance to participate in interactive fitness and cooking demos, hear from our physicians panel of “Womenologists,” finesse your special event planning, entrepreneur and author Bolivia Brown, barrister for practicing resilience, and mindfulness, and cheer on our superstar women who have triumphed in their Women ROCK Hall of Fame.

Stop by the Ask the Experts station where you can have your health questions answered by our integrative Health & Medicine specialists. Plus, check out the Art of Healing gallery to view original artwork from Hackensack Meridian Health team members. Ring the bell to get a back massage from Advertising Designers in Effort in the Art of Healing gallery. And enjoy a Pilates class for just $15 per session, with proceeds being donated to RMF’s Children’s Health Fund as their National Volunteer Leader.

It’s time to rock your health and rock your life!

Get a free copy of the Women ROCK event program! (Qty. 50)

Meet Your Eemces

Liz Arens

Liz has been co-host of 93.3 The Point’s “Live & Liz in the Morning” for 14 years! Liz got her start in the morning show business at radio station WILK in Asbury Park. It’s her long-time passion that makes for such a successful morning show! Liz is well known in the community and is a staple of the Point tribe. Liz is married with two wonderful young boys, Logan and Jack, who bring us so much joy and happiness.

Lawrence

Lawrence has been doing the morning show with Liz Arens for many years now, and they both are searching for something they agree on! Lawrence was a Democrat and Democrat-Conigin, their day-to-day radio station WILK in Asbury Park. It’s her long-time passion that makes for such a successful morning show! Lawrence is a staple of the Point tribe. Lawrence is married with two wonderful young boys, Logan and Jack, who bring us so much joy and happiness.

Blogging Stars – Kerianne Grande

At just 16 years old Kerianne began suffering from anxiety and depression. Eventually, the things that once made her happy for granted her sleep, eating and laughing began to elude her, and she felt as if she had just lost herself. That began to end of Kemnade, behavioral health programs, multiple medication regimens, therapists, doctors and nurses entered her life, however, there was part of herself that did not get extinguished by those dark days and times and that was her spirit. Kerianne had a long journey to self- acceptance, in her personal life and her career. Kerianne became a counselor at Hackensack Meridian Health, which helped to launch it’s in-house Distracted Driving curriculum. Kerianne took this passion further by starting the Nonprofit Distracted Driving. Suicide and used this platform to start several campaigns in high schools, girls enacting violence in mental health issues and suicide prevention.

Breast Intentions – Erika Rech

Erika Rech’s Breast Cancer battle started when she was just 15 years old after three family members were diagnosed with breast cancer. She decided that her family and friends should be encouraged to get involved and the first thing they gathered was a group of three friends to do breast cancer awareness and breast cancer conferences. She founded Breast Intentions with breast cancer. She started out by selling candy bars to local businesses and gave them to charity organizations. She then decided to give back to kids and families with breast cancer. She founded the Breast Intentions Foundation and now offers help to families with breast cancer.

Patty Aber

Patty is a non-profit development consultant helping children and their families suffering from pediatric and maternal health care. She volunteered thousands of hours and raised $50,000 for the Mentis Breast Cancer Research Foundation. It’s a way for Patty to give back to the community that has always been there for her. Patty is also the caretaker of her father who suffers from PTSD and Parkinson’s disease. She is also the caretaker of her father’s health and is managing his health. She is also the caretaker of her father’s health and is managing his health.