

Loma Linda University Health

# Women's Wellness Retreat

Friday, April 24, 2026

8:00am – 1:00pm

Loma Linda University Church  
11125 Campus Street, Loma Linda, CA 92354



**Keynote Speaker: Dani Shapiro**

Dani Shapiro is the author of eleven books, and the host and creator of the hit podcast *Family Secrets*. Her most recent novel, *Signal Fires*, was named a best book of 2022 by NPR, *Time Magazine*, *Washington Post*, *Amazon*, and others, and is a national bestseller. Her most recent memoir, *Inheritance*, was an instant New York Times Bestseller, and named a best book of 2019 by *Elle*, *Vanity Fair*, *Wired*, and *Real Simple*. Both *Signal Fires* and *Inheritance* were winners of the National Jewish Book Award.



LOMA LINDA UNIVERSITY  
HEALTH

Sponsored by WiM4U, a Women in Medicine network  
at Loma Linda University School of Medicine

# 2026 WWR DESCRIPTIONS

## **Menopause: Fact vs. Fiction**

**William Patton, MD**

Menopause can feel confusing and overwhelming—but you don't have to navigate it alone. Join us to get your questions answered and leave with a clear, confident plan for this next chapter.

## **Naturopathic Medicine: Individualized Care for the Modern Woman**

**Shonna Steppe-Calica, ND**

Learn how Naturopathic Doctors (ND) blend the science of modern healthcare with the wisdom of natural medicine. Longer visits, in-depth testing, and individualized therapies stimulate innate healing for both mind and body.

## **The Beauty of Simplicity**

**Priscilla Santos Park, DNP, RN**

Life can feel complicated and overwhelming. You are not alone! Join us to explore practical ways to live more simply, so you have time to appreciate the beauty all around you.

## **Pelvic Health Across the Ages**

**LLUH Rehab Institute**

Pelvic health matters at every age. Join our pelvic floor specialists as they share their expert tips and insights to help you maintain strength and wellness.

## **Inside Job: How Your Gut Powers Hormones, Energy and More**

**JeJe Noval, PhD, MS, RDN**

Lacking energy? One of the important keys to balanced hormones and good energy isn't always a supplement or hormone replacement therapy, but it is what is happening in your gut. You'll be shown how moving your gut community from imbalanced to balanced ensures you absorb the critical minerals your hormones need.

## **Soaring With the Winds of Change**

**Leandra McHargue, RN, BSN**

Change is something we all face—whether it's a move, a new job, kids leaving home, a medical diagnosis, or caring for aging parents. How can we navigate these transitions with grace and resilience? Join us to explore practical strategies for managing life's biggest changes.

## **Charcuterie 101**

**Stacy Dean, Kopper Kettle**

Have you ever wondered how to create a stunning charcuterie board or table? Join us as the owner of Kopper Kettle walks us through the steps to the charcuterie of your dreams and learn the art of beautiful entertaining!



# 2026 WWR DESCRIPTIONS

## Why Strength is Key to Longevity

Andrew Mock, MD, MPH

Discover why strength training is crucial - especially as we age. Join Dr. Mock, four-time California's Strongest man, as he shares practical tips to help you start building strength TODAY!

## Your Face, Your Rules for a Modern Take on Rejuvenation

Subhas Gupta, MD, CM, PhD,  
FRCSC, FACS

From deep plane facelifts to the newest Botox alternatives and filler safety concerns, this session delivers a clear, surgeon-level look at what's worth it (and what to avoid) when it comes to facial rejuvenation. We'll cut through the noise and focus on safe, lasting, natural results.

## Goal Setting for A Better Future

Zoe Brandstater, MA

Let's be honest—every woman has felt lost or unsure about her direction at some point. Join us for practical, actionable tips to help you clarify your goals, take meaningful steps forward, and create real change in your life.

## Sexy Heart Health Facts For Every Woman

Purvi Parwani, MD, MBBS, MPH,  
FACC

Heart disease is the #1 health concern for women—and staying informed is essential. Dr. Parwani, a leading expert in the field, will break down what you really need to know. Because who says heart health can't be sexy instead of scary?

## The Best Skin Care Routine for You!

Nicole Prusa, Palazzo Salon

With thousands of skincare products competing for your attention (and your wallet), it's hard to know what really works. Nicole will share her trusted, no-nonsense skincare routine and walk you through the essential steps to achieve radiant, glowing skin.

## Hormones: What are My Options?

Lisa Lindley, MD

Hormones are always a hot topic when women get together—especially in midlife! Curious about the best options available today for managing hormonal changes? Dr. Lindley will break it all down and give us a clear, up-to-date look at how to take control of our hormones and feel our best.