movement is life

start moving, start living.

2026 HEALTH SUMMIT

STRENGTH IN MOTION: REIMAGINING HEALTH THROUGH COMMUNITY, POLICY, AND PARTNERSHIP.









MOVEMENT GUIDEBOOK

INSPIRE | INFLUENCE | EMPOWER | MOVE

SEPTEMBER 24–25, 2026

DETROIT, MI

Healthier People Stronger Communities

A Founding Partnership That Continues to Move Us Forward

Movement Is Life began in 2010 with the support and vision of Zimmer Biomet's Minority Initiatives Program and leaders committed to addressing racial, ethnic, and gender disparities in musculoskeletal health.

From the beginning, the Zimmer Biomet Foundation has been more than a funder. It has been a founding force and steadfast partner in helping Movement Is Life turn an ambitious idea into a national movement.

That partnership helped launch Operation Change, convene clinicians and community leaders through the Annual Health Summit, elevate important perspectives through the Health Disparities Podcast, and expand education about the connections among mobility, chronic disease, access to care, and women's overall well-being.

Today, Movement Is Life is entering a new chapter as an independent nonprofit—strengthening its infrastructure, expanding its partnerships, and creating new opportunities to support women and communities throughout the year. The foundation established through Zimmer Biomet's early leadership and continued investment makes this growth possible.

Founding Partner

ZIMMER BIOMET FOUNDATION



We proudly recognize the Zimmer Biomet Foundation for believing in the mission, investing in its potential, and helping Movement Is Life move from vision to lasting impact.

2010 Founded → **Operation Change** → **National Growth** → **Independent Nonprofit**

Thank You to Our 2026 Summit Sponsors

The 2026 Movement Is Life Annual Health Summit is made possible through the generous support of organizations that believe healthier communities begin with opportunity, connection, and the ability to move. We are grateful to every sponsor for investing in this gathering and in the people, partnerships, and ideas that will carry its impact forward.

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Dear Health Champion,

Welcome to the 2026 Movement Is Life Health Summit in Detroit! This year's theme, Strength in Motion: Reimagining Health Through Community, Policy, and Partnership, reflects what Movement Is Life has always understood: improving health outcomes for women requires us to listen to communities, connect people and systems, and recognize movement as an essential part of health and well-being.

This welcome is especially meaningful to me. As I conclude my service as Chair of the Movement Is Life Board, I do so after 16 years devoted to this important work. Throughout my life—as an athlete, physician, advocate and leader—I have seen how movement can change what women believe is possible for their bodies, their health and their futures. Small, sustained changes in movement can improve mobility, restore confidence and create benefits that extend beyond one woman to her family and community.

I am deeply grateful to the Zimmer Biomet Foundation, our founding partner, for its longstanding investment in this mission. Its partnership has helped Movement Is Life grow from an important idea into a national movement that reaches women through community-based programming, education, partnerships, policy and advocacy. The Foundation's continued commitment remains an essential part of MIL's impact and legacy.

That legacy belongs to everyone who has shaped and sustained Movement Is Life over the years. It lives in the partnerships we have built, the communities we serve and the women who have trusted us with their experiences and health journeys. Together, they have helped transform an important idea into a national movement for healthier women and stronger communities.

Operation Change has brought this mission to life in communities across the country by meeting women where they are and providing knowledge, encouragement, connection and practical opportunities to move. Our policy and advocacy efforts have carried those experiences into broader conversations about women's health, mobility, access and the systems that influence health outcomes.

I am proud of what we have built together and confident in the future of Movement Is Life. As I conclude my time as Board Chair, I know MIL is prepared to honor its history while continuing to evolve, expand its reach and create new opportunities for women to move toward better health. The foundation is strong, and the next chapter is ready to be written.

As you participate in this year's Summit, I encourage you to listen closely, ask thoughtful questions and build relationships beyond your usual circle. Consider how your expertise, influence and lived experience can help carry this work forward.

On behalf of the Movement Is Life Board of Directors, Steering Committee, Emeritus Leaders and Staff Thank you for being part of this work and for helping ensure that every woman has the opportunity to move toward better health.

With gratitude and continued commitment,



Mary I. O'Connor, MD

Chairwoman, Movement is Life Board of Directors

Your Guide to the Movement

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2026 ANNUAL
HEALTH SUMMIT AGENDA
Strength in Motion: Reimagining Health Through Community, Policy, and Partnership

Thursday, September 24

7:30 AM — **Registration/Poster Set Up**

7:30 AM — **Continental Breakfast/Poster Viewing**

8:30 AM — **Summit Kickoff**
- Dr. Mary O'Connor, MD, Chair, Movement is Life, Co-Founder and Chief Medical Officer, Vori Health, Chief Compliance Officer, Vori Health

8:50 AM — **Opening Keynote – *Who Gets to Heal? Reimagining Access, Equity, and Who Belongs in Medicine***
- Dr. René Roberts, Board-Certified Family Medicine Physician, TEDx & Keynote Speaker, Physician Mentor, I Am Abel Foundation, RMR Ventures, LLC

9:45 AM — **Plenary Session – *When Communities Move: The Operation Change Story – Live from Detroit***
- Lacey Bailey, Chicago Director
- Hazella Rollins-LaVar, Mt. Vernon, NY Director
- Yvonne Oby, Chicago Director

Facilitated by:
- C. Christopher Bacot
- Sonia Cervantes

10:50 AM — **Detroit In Motion: Led by Patti Dukes**

11:00 AM — **Inaugural Founder Legacy Award**

11:15 AM — **Move to Session/Break**

11:30 AM — **Breakout Sessions**
1. ***Improving Transparency and Communication in Sub-Specialty Care***
   - Dr. Cameron Roth, Orthopedic Surgeon, MD, MHS, OrthoArizona
2. ***Culture as Catalyst: Transforming Health Programs to Advance Equity and Access***
   - Tre Cabrera, MSW, MRP, Founder & CEO, Cabrera Advisory Group, LLC
3. ***From the Bedside to the Capitol: A Surgeon's Blueprint for National and State Healthcare Advocacy***
   - Dr. Tamara Huff, MBA, Orthopedic Surgeon & CEO, Vigeo Orthopedics
4. ***Stories in Motion: Using Interactive Playback Theatre to Advance Community Health Dialogue***
   - John A Johnson, Founder, Verbal Gymnastics, BA Theatre Arts, University of the District of Columbia

12:45 PM — **Lunch/Poster and Exhibit Viewing**

1:30 PM — **Move to Session**

1:40 PM — **Breakout Sessions**
1. ***When the Healer Is Depleted: Burnout, Health Equity, and the Leaders Our Communities Can't Afford to Lose***
   - Brandiss T. Pearson, Ed.D, FNP-C, MIDAS Consulting
2. ***Train Your Resilience Muscle: Building Sustainable Leadership Capacity for Community Health Leaders***
   - Nagham Alsamari, Manager B.Ed. | M.S. in Science Education | M.S. in Leadership & Supervision, Trainer and Resilience Coach, Imkan Leadership Development LLC, Certified Behavioral Analysis Consultant (DISC) | Doctoral Candidate, Education
3. ***One Movement, Many Communities: Women Advancing Health Across Urban and Rural America***
   - Shannon M. Lijewski, MBA, CHCEF, NCHW, CEO | Everyday Life Consulting
   - Harolyn Nimmo, Chief of Operations-Juvenile and Youth Services, Wayne County Michigan
   - Jill Oesterle, Director of Provider Solutions, Michigan Center for Rural Health

   Facilitated by:
   - Sarah Hohman, Director of Government Affairs, National Association of Rural Health Clinics
4. ***Stories in Motion: Using Interactive Playback Theatre to Advance Community Health Dialogue***
   - John A Johnson, Founder, Verbal Gymnastics, BA Theatre Arts, University of the District of Columbia

Thursday, September 24

CONTINUED

2:55 PM — Break/Reconvene in Ballroom

3:15 PM — **Dr. Augustus White Humanitarian Award**

Plenary Session – *Changing Medical Education Helps us Achieve Health Equity*

- Dr. Pedro José Greer Jr., Founding Dean for the Roseman University Health Sciences College of Medicine

3:45 PM — **Plenary Session – *Food As Medicine: Fueling Movement, Strength, and the Power to Heal***

- Dr. Kimberlydawn Wisdom, M.D., M.S., FACEP, Senior Vice President, Community Health, Education & Wellness and Chief Wellness Officer, Henry Ford Health
- Michael Schram, Cooking Matters Coordinator, Gleaners Community Food Bank of Southeastern Michigan

4:45 PM — Conclusion and Sneak Peek of Day Two

5:00 PM — End of Day One/Poster and Exhibit Viewing

7:30-9:00 PM — Yin Yoga, Cello + Sound Bath
with Rachelle Beazley, Founder | aloe + alchemy

Friday, September 25

7:00-7:45 AM — **Vibe and Embodiment Session with Samantha Schmuck of Revived Living**

8:30 AM — **Registration/Check In**

8:30 AM — **Continental Breakfast/Poster and Exhibit Viewing**

9:00 AM — **Day Two Kickoff**

9:10 AM — **Keynote - *Me First, Then Everybody Else: A Prescription for Community Health***

- Dr. Bryanne Standifer-Barrett, MD, MSCP, Internal Medicine Physician and Menopause specialist

10:10 AM — **Panel Session - *When She Moves, We All Move: Advancing Women's Health and Voice***

- Dr. Michelle M. Cabrera, MD, FACOG, Women's Health, OB/GYN Specialist / Health Equity Advocate, Adjunct Faculty, Los Angeles Physician Assistant Program, College of Education and Health Sciences at Touro University
- Dr. Indea May, DNP, RN, FNP-BC, Clinical Director/Nurse Practitioner, Aryze Well PLLC
- Cara McClellan, Director and Associate Practice Professor of the Advocacy for Racial and Civil Justice Clinic, University of Pennsylvania

Facilitated by:

- Crystal Marie Young, Director of Global Events/Founder, Crystal Marie Events, LLC

11:30 AM — **Lunch/Poster Viewing**

Friday, September 25

CONTINUED

12:15 PM — **PowHer Pitch - *Women in Motion - Fueling the Future of Health Innovation***

- Jana Rose Stewart, Founder & CEO, VelaHR
- Jolie Wyatt, Founder & CEO, If The Shoe Fits (ITSF)
- Lynne Matallana, Founder & CEO, PainTools
- Dr. Tieya M. Qualls, CEO, PelviFlow

Judges:

- Carolyn Cassin, President and CEO, Michigan Women Forward
- Melinda Clemons, Vice President, Program & Impact, Ginosko Development Company
- Kevin Ketels, Director, Entrepreneurship & Innovation programs, Belinsky Entrepreneurship Learning Laboratory

1:15 PM — **Rapid Fire Oral Poster Presentations**

- Antonio Pellerito, University of Michigan Medical School, SHD and Surgical Cancellation Rates in THA/TKA
- Damon Ross Jr., Henry Ford Hospital Department of Orthopedic Surgery, Crime Burden as Predictor of Outcomes After Hip Surgery
- Jaumark Pierre, Andrews University, Culinary Medicine to Address Chronic Disease Disparities

1:45 PM — **Break and Scoring Deliberation**

2:00 PM — **Award Presentations - *Pitch, Poster, and Movement is Life Awards***

- PowHer Pitch & Poster Presenters
- Community Catalyst, The Ideal Group
- 2026 Vanguard Award, Gov. Gretchen Whitmer

2:30 PM — **Keynote - *Heart of a Champion: The Choice to Rise Again***

- Kimberly Glass, US Olympian *& Fireside Chat w/ Dr. Mary O'Connor*

3:20 PM — **Reflections/Closing**

3:45 PM — **Meet and Greet Opportunity with Kimberly Glass**

Welcome to Detroit and the 2026 Movement is Life Health Summit!

I am deeply grateful that you have joined us for Strength in Motion: Reimagining Health Through Community, Policy, and Partnership. Over these two days, we will come together across disciplines and communities around a shared purpose: helping women move, live, and thrive.

This year's Summit is especially meaningful as we welcome you to Detroit—our new home and a city whose strength, resilience, and spirit reflect the heart of Movement is Life. Over the past year, MIL has strengthened its programs, infrastructure, partnerships, and organizational identity to build a stronger foundation for lasting national impact.

This work is about more than systems and programs; it is about people, culture, and place. Detroit reminds us that transformation grows through resilience, creativity, and community voice. My experience in community-based programming has taught me that meaningful change begins by listening, meeting people where they are, and recognizing the strengths they already possess. Lasting progress happens when communities are trusted as partners in shaping solutions.

Throughout the Summit, you will hear from leaders across sectors, participate in engaging discussions and workshops, explore solution-driven poster presentations, and celebrate women-led innovation through our second annual PowHer Pitch competition. You will also experience the joy of movement, hear powerful stories of perseverance, and help us honor individuals whose service continues to improve the lives of others.

As you participate, I invite you to remain curious and open to connection. Meet someone new. Share what is working in your community. Ask difficult questions. Consider where your experience, influence, or resources might help remove barriers to mobility, health, and opportunity. Your next move may be launching Operation Change, advancing community-centered research, supporting women-led innovation, strengthening health education, or championing policies that help people live healthier lives. Whatever your role, there is a place for you in this movement. Tell us what your community needs, share what you have learned, and help us imagine what we can build together.

I extend my sincere gratitude to the MIL team for the dedication and care that made this Summit possible. I am also deeply grateful to the Zimmer Biomet Foundation for its continued belief in and support of our mission, and to our Board, Steering Committee, volunteers, and partners for helping bring this vision to life.

Thank you for bringing your knowledge, experience, and commitment into the room. I am excited about the relationships that will begin here, the ideas that will take shape, and the momentum we will carry forward—together.



In solidarity,

Danielle Hilliker

President & CEO
Movement is Life
Danielle Hilliker, MSM, MPhil
PhD Candidate, Public Policy

Power Her Movement DONATE



Detroit Moves

A CITY BUILT ON STRENGTH, COMMUNITY AND POSSIBILITY

Detroit has always understood the power of movement.

This is the city that helped put the world on wheels and gave generations a soundtrack that made them move. It is a city where people organized, marched, built businesses, strengthened neighborhoods, created culture, and transformed ideas into action.

In 1963, more than 100,000 people moved together down Woodward Avenue during the Walk to Freedom, where Dr. Martin Luther King Jr. delivered an early version of his "I Have a Dream" speech. That moment reflected something Detroit has always known: when people move together with purpose, they can change what comes next.

Movement here has never meant only one thing. It is physical, cultural, economic, generational, and deeply personal.



Our New Home. Our Shared Future.

Movement Is Life established its national headquarters in Detroit in 2025 because this city understands community-led change. Detroit's women have long served as caregivers, advocates, entrepreneurs, educators, organizers, and anchors for their families and neighborhoods.

They also carry responsibilities and navigate barriers that can make caring for their own health difficult. The next chapter is not about defining women by those barriers. It is about recognizing their strength and building the conditions that allow them to thrive.

Across Detroit, opportunity already lives within neighborhood organizations, parks, faith communities, health systems, schools, urban gardens, local businesses, and trusted community relationships. By connecting these assets, listening to women, and investing in locally led solutions, we can build a city where movement and better health are possible for every woman.

A New Movement Begins Here.

Together, we can make Detroit a national model for:

- Women-centered health and mobility
- Community and clinical partnerships
- Safe and welcoming opportunities to move
- Innovation shaped by lived experience
- Investment in neighborhood leadership
- Healthier futures across generations

> **"Detroit has always moved the world.**
>
> **Together, we can move women's health forward."**





DR. AUGUSTUS WHITE HUMANITARIAN AWARD

Changing Medical Education Helps us Achieve Health Equity

PLENARY SESSION

Pedro "Joe" Greer, Jr., MD

Founding Dean for the Roseman University Health Sciences College of Medicine

The Dr. Augustus A. White Humanitarian Award honors the extraordinary legacy of **Dr. Augustus A. White III**—a pioneering orthopedic surgeon, educator, author, combat veteran, mentor, and courageous advocate for justice, inclusion, and cultural understanding in medicine. As the first African American department chief at a Harvard teaching hospital and a lifelong champion for more equitable and compassionate healthcare, Dr. White has demonstrated how medicine can be used not only to treat illness, but also to confront injustice and affirm the dignity of every person.

The award recognizes leaders who embody that same spirit of compassion, courage, service, mentorship, and commitment to our shared humanity.

A Life of Service

Dr. Pedro "Joe" Greer Jr. is a physician, educator, humanitarian, and nationally respected champion for people and communities too often overlooked by the healthcare system.

He established **Camillus Health Concern** and the **Saint John Bosco Clinic** to serve people experiencing homelessness, poverty, and limited access to care in Miami-Dade County. At Florida International University, he spearheaded the nationally recognized **NeighborhoodHELP** program, which prepares future healthcare professionals to learn directly from families and understand the social conditions affecting their health.

As Founding Dean of the College of Medicine at Roseman University of Health Sciences, Dr. Greer continues to shape a new generation of physicians prepared to lead with knowledge, humility, compassion, and an authentic connection to community.

His lifetime of service has earned some of the nation's highest honors, including the **Presidential Medal of Freedom**, a **MacArthur Fellowship**, and the **National Jefferson Award** for public service benefiting disadvantaged communities. MacArthur Foundation and Presidential Medal of Freedom ceremony

Movement Is Life proudly honors Dr. Greer as our 2026 Augustus A. White Humanitarian recipient for his efforts in advancing healthcare beyond the walls of hospitals and clinics—and for ensuring that people are seen, heard, and treated with dignity.

A Legacy of Humanitarian Leadership

2022 — Verona Brewton
2023 — Frank McClellan, JD
2024 — Louis W. Sullivan, MD
2025 — Ivan Tornos



2026 INAUGURAL FOUNDER LEGACY AWARD

Verona Brewton

Co-Founder, Movement Is Life

The Movement Is Life Founder Legacy Award honors the visionary leaders whose courage, service, and commitment created the foundation upon which our movement continues to grow. It recognizes not only what they built, but also the lives their work will continue to influence for generations.

As a co-founder and one of the earliest catalysts for Movement Is Life, Verona Brewton helped shape a vision centered on women who too often lacked access to specialty care, trusted health information, and meaningful opportunities to improve their well-being.

Verona understood early that joint pain and limited mobility are not isolated health concerns. When a woman cannot move comfortably, it can affect her physical health, independence, confidence, relationships, and quality of life. During her many years with Zimmer Biomet and through her continued service on the Movement Is Life Board, she helped transform that understanding into action.

Because of the foundation Verona helped build, Operation Change has reached more than 2,000 women across the country. Sixteen Annual Health Summits have connected nearly 5,000 clinical, community, healthcare, and policy leaders. MIL's podcasts, education, and community initiatives have continued bringing professional expertise and lived experience together to advance important conversations about health, movement, access, and disparities.

Yet Verona's greatest legacy lives beyond the numbers. It is found in every woman who began moving again, discovered a community of support, regained confidence, and realized that better health was possible.
Because Verona chose to act, a program became a movement. Movement Is Life proudly presents her with the inaugural **Founder Legacy Award** and commits to carrying her vision forward—expanding the movement, strengthening its impact, and continuing the work she began in service to women and communities nationwide.

A Tribute Made Possible by

This special recognition was made possible through generous contributions given in honor of Verona Brewton and the extraordinary legacy she has built through Movement Is Life.

The Cobb Institute · Keri Delp · Zimmer Biomet · Chad Phipps · Dr. Thomas Green

We are deeply grateful for their partnership in celebrating Verona's impact and helping ensure that her legacy continues to move forward.



MOVEMENT IS LIFE VANGUARD AWARD

Governor Gretchen Whitmer

49th Governor of Michigan

The Movement is Life Vanguard Award honors leaders who move with courage and purpose—leaders who challenge convention, open doors for others, and turn the power of public leadership into meaningful progress.

Throughout her career, Governor Gretchen Whitmer has demonstrated a sustained commitment to improving the lives of women, girls, and families. As Michigan's 49th governor, she has advanced a broad vision of women's well-being—one that recognizes the connections among health, economic stability, education, safety, representation, and the freedom to make decisions about one's own future.

Her administration has expanded the Healthy Moms, Healthy Babies initiative, extended postpartum Medicaid coverage, and increased access to doula services. She has also strengthened reproductive and preventive healthcare protections and expanded access to contraception. Governor Whitmer's record extends well beyond healthcare. She eliminated Michigan's tax on menstrual products, expanded affordable childcare and free prekindergarten, increased tax relief for working families, and supported greater access to college and workforce training. Her leadership has strengthened protections for survivors of domestic and sexual violence, prohibited child marriage in Michigan, and advanced workplace protections for women.

She has also worked to ensure that women have a meaningful role in shaping public policy and state leadership. Governor Whitmer has appointed more than 1,280 women to boards, commissions, and full-time positions, creating more pathways for women's voices and experiences to influence decisions across Michigan.

Together, these actions reflect an understanding that women cannot achieve their healthiest lives through healthcare alone. Women thrive when they can obtain care, pursue an education, support their families, live safely, participate in leadership, and make informed decisions about their bodies and futures.

Governor Whitmer's leadership has strengthened opportunities for women and girls throughout Michigan while contributing to a broader national conversation about what becomes possible when women's health and well-being are treated as essential to the strength of families, communities, and the economy.

Movement is Life proudly presents Governor Gretchen Whitmer with the 2026 Vanguard Award in recognition of her courageous leadership and enduring commitment to building a healthier, safer, and more promising future for women and families.

A Legacy of Leadership Past Vanguard Award recipients include:

2011 — Congressman Chaka Fattah
2012 — Congressman Hank Johnson
2013 — Congressman Michael Burgess, MD
2014 — Yvonne T. Maddox, PhD
2015 — J. Nadine Gracia, MD, MSCE
2016 — Eliseo Pérez-Stable, MD
2017 — Cara James, PhD
2018 — Congressman John Lewis
2019 — Patricia Taylor McManus, PhD, RN
2021 — Congresswoman Terri Sewell
2022 — Senator Cory Booker
2023 — David Ansell, MD, MPH
2024 — Shirley Franklin, former Mayor of Atlanta





MOVEMENT IS LIFE COMMUNITY CATALYST AWARD

Ideal Group

Frank Venegas Jr., Linzie Venegas and the Ideal Group Family

The Movement Is Life Community Catalyst Award recognizes individuals and organizations that create lasting change by investing in the people, strengths, and possibilities within their communities. This award represents a first for Movement Is Life, and we are proud to recognize Ideal Group as its inaugural recipient

Ideal's story began when Frank Venegas Jr. sold a Cadillac Coupe DeVille he won in a raffle and used the proceeds to finance his first business. From that beginning, Ideal has grown into a nationally respected, family-owned group of companies while remaining deeply rooted in Southwest Detroit, where it became part of the Hispanic Manufacturing Center in 1995.

For the Venegas family, success has always carried a responsibility to open doors for others. Guided by the belief that "We Build Futures," Ideal has created a model of community engagement grounded in education, mentorship, service, neighborhood investment, and long-term relationships. Its partnerships with Detroit Cristo Rey High School and Holy Redeemer Grade School provide students with internships, career exposure, scholarships, and opportunities to explore pathways to college and employment. At Holy Redeemer, Ideal's support has contributed to 24 renovated classrooms, two new playgrounds, and more than 20 programs, including experiences in healthcare, digital learning, engineering, and the automotive industry.

Ideal's investment extends throughout Southwest Detroit. Its partnerships support youth robotics, senior services, healthcare access, neighborhood revitalization, recreation, public safety, and family well-being. Through Team GM Cares Week, Ideal recently brought together 119 volunteers who contributed 476 service hours across six community projects.

Cadillac Urban Gardens on Merritt is another powerful example of Ideal's commitment. A former industrial site has been transformed into a place where fresh food, environmental education, youth leadership, and neighborhood connection grow together. The garden has distributed approximately 2.4 tons of produce while engaging young people in service, research, and hands-on learning. As Ideal says, it does not simply grow vegetables—it grows leaders.

This work reflects a central Movement Is Life belief: health is influenced not only by healthcare, but also by education, nutritious food, economic opportunity, safe neighborhoods, and a sense of connection and belonging.

Movement Is Life is proud to welcome Ideal Group as a new partner and Summit sponsor. We proudly present the first-ever Community Catalyst Award to Ideal Group for leadership rooted in familia, culture, responsibility, and an enduring commitment to building futures in Southwest Detroit.

Movement Begins With HER



Movement Is Life is a national nonprofit organization dedicated to improving the health, mobility, and overall well-being of women and girls. Through community-based programs, education, advocacy, research, and partnerships, we help women gain the knowledge, resources, relationships, and confidence needed to move toward better health.

We center our focus on women aged 40+ and communities where barriers to movement and healthcare persist. Our work recognizes that health is shaped not only by medical care, but also by access to nutritious food, safe places to move, transportation, education, economic opportunity, social connection, and trusted community support.

Why Movement Matters

Limited mobility and low levels of physical activity can contribute to chronic conditions such as obesity, diabetes, arthritis, cardiovascular disease, depression, and chronic pain. As movement becomes more difficult, overall health and independence may decline—creating a cycle that can be especially difficult to break when access to care and community resources is limited. Movement Is Life works alongside women and communities to interrupt that cycle through education, culturally responsive programming, meaningful partnerships, and the power of connection.

> **Movement is more than physical activity.**
> **It is health, independence, connection, and possibility.**

HERHealth • HERMovement • HERCommunity

Our Story & The HER Ecosystem

Our Story

Movement Is Life was founded in 2010 under Zimmer Biomet, a global leader in medical technology, where it operated within the corporate structure for more than a decade. In 2022, MIL became an independent nonprofit, and in 2025, established its national headquarters in Detroit.

Today, our partnership with Zimmer Biomet and the Zimmer Biomet Foundation continues, providing a strong foundation from which MIL can expand its national reach and drive meaningful improvements in health outcomes and access to care.



Building the HER Ecosystem

Our work brings women, communities, healthcare professionals, researchers, educators, policymakers, and partners together through:

Operation Change

Our community-based health and behavioral-change program for women 40+.

Annual Health Summit

Connecting clinical expertise, community knowledge, research, and policy.

Podcasts & Community Series

The Health Disparities Podcast and Let's Talk About Health, elevating professional expertise and lived experience.

PowHer Pitch

Supporting women-led solutions and innovation.

Education, Advocacy & Research

Emerging initiatives that strengthen women's health and mobility.

> At the 2026 Summit, **Strength in Motion: Reimagining Health Through Community, Policy, and Partnership,** we celebrate how far this movement has come—and invite every person here to help shape where it moves next.

Operation Change

HERHealth. HERMovement. HERCommunity.





Real Women. Real Change. Brighter Tomorrows.

Operation Change is Movement Is Life's signature community based behavior-change program for women aged 40 and older who are navigating joint pain, limited mobility, chronic health conditions, and barriers to care.

Each week, women come together for adapted physical activity, practical health education, culturally relevant conversations, motivational support, and meaningful connection. Participants set personal MOVES goals, develop an individualized My Health Action Plan, and build realistic habits that can continue long after their experience ends.

Operation Change does not tell women where they should be. It meets them where they are—and supports each woman in identifying the next move that is right for her.

The Experience

The strength of Operation Change comes from community. Participants learn together, move together, encourage one another, and celebrate progress in an environment where every woman's experience is valued.

Through this shared journey, women are not only increasing their movement. They are building confidence, strengthening relationships, advocating for their health, and rediscovering what is possible.

Every step tells a story of courage, connection, and change.

> **"Every step tells a story of courage, connection, and change."**

The Impact

A Movement With Measurable Impact

Since its creation, Operation Change has reached more than 2,000 women in communities across the country.

Program results have demonstrated:

- A 48% increase in walking distance
- Increased movement and physical activity
- Greater knowledge and confidence in managing health
- Stronger social support and community connection
- Sustainable goals supporting continued progress



2,000+

WOMEN REACHED

The Next Move



Help Us Reach the Next Woman

Movement Is Life is preparing to bring Operation Change to more women and communities in 2027. Your support helps make local program teams, health education, adapted movement, participant resources, assessments, and continued follow-up possible.

When you invest in Operation Change, you help create a place where a woman can be heard, supported, and empowered to move toward better health.

"Her next move can begin with yours.



SCAN ME

Invest in Her Tomorrow ♡

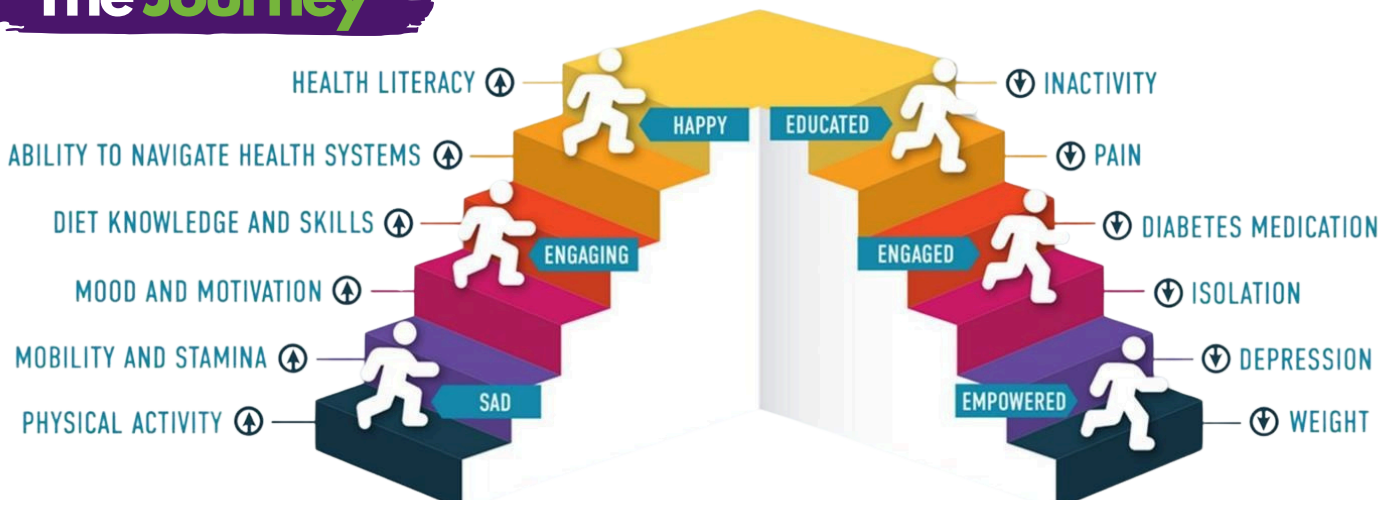
HERHealth.
HERMovement.
HERCommunity.

Operation Change

How change happens- and where movement grows.

Operation Change combines supportive movement, trusted health information, goal-setting, and community connection to help women build healthier habits, confidence, and mobility.

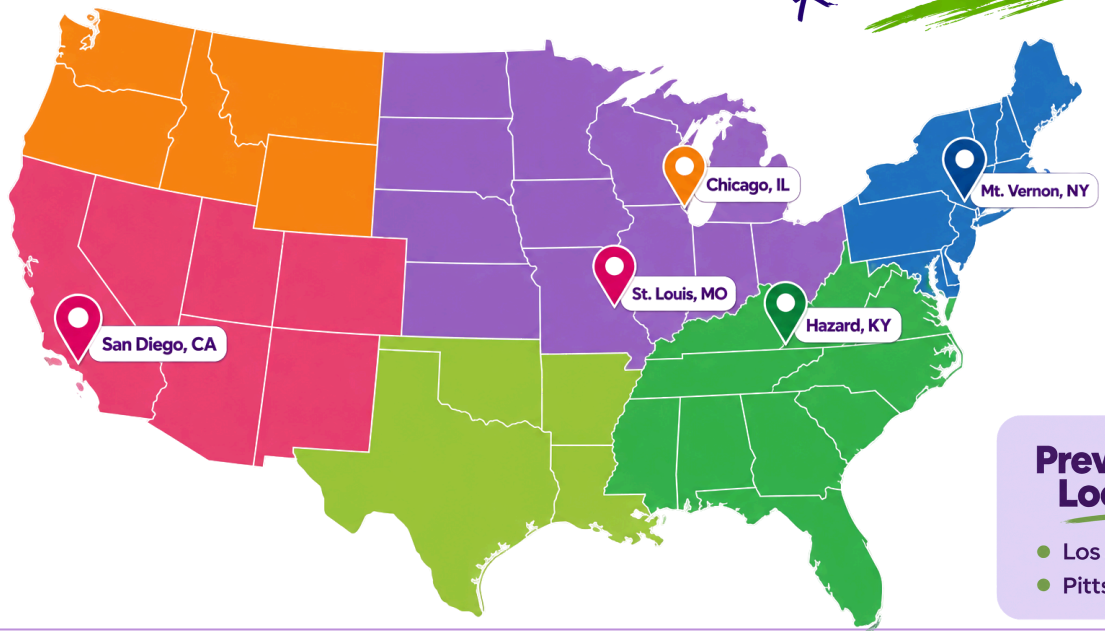
The Journey



Its model combines three essential elements: discovering new and creative ways to move every day; receiving reliable health information from trusted, culturally relevant sources; and participating in small group discussions that help individuals identify and reach SMART goals.

2026 Program Locations

Real Women. Real Change. Everywhere.



Previous OC Locations

- Los Angeles, CA
- Pittsburgh, PA

Rooted in Community. Growing With HER.



Beyond the Program

Operation Change is designed for lasting change. When the initial guided experience ends, the connection continues. Local teams remain engaged with participants throughout the year through check-ins, goal reviews, community resources, continued encouragement, and opportunities to reconnect.

> **Meaningful behavior change takes time—and women are more likely to keep moving forward when they feel informed, supported, and connected.**

MOVE
Build healthy habits through guided activity

CONNECT
Create trusted relationships and reduce isolation

CHECK IN
Stay supported through goal reviews and encouragement

KEEP GROWING
Continue the journey with resources and community

Locally Shaped. Built to Grow.

Operation Change is rooted in a shared purpose, but every community is different. Movement Is Life works alongside women, local leaders, healthcare partners, and community organizations to shape each experience around local strengths, culture, priorities, and resources.

Where We're Growing

Detroit • Southeast Michigan • Communities Across the Country

Movement Is Life is building partnerships to bring Operation Change to more women while strengthening year-round participant support, local leadership, and community and clinical connections.

When Communities Move: The Operation Change Story

Community in Action

Live From Detroit

Operation Change (OC) provides women with movement, trusted health education, community connection, and continued support as they work toward healthier lives. At the heart of this work is a simple but powerful belief: women are the experts on their own lives.

Only each woman fully understands the responsibilities, experiences, environments, and barriers that shape her health. Meaningful change cannot begin with someone else deciding what she should do. It begins when she feels heard, recognizes her own strengths, and has the confidence and support to identify a step that is realistic for her.

Experience Motivational Interviewing in Action

During this interactive session, Operation Change Program Directors and Motivational Interviewers will bring the experience to life through demonstrations, participant stories, and real-world scenarios involving nutrition, mental health, movement, work, family responsibilities, and access to resources.

The OARS Approach

A practical, person-centered way to have meaningful conversations and support lasting change.

- Open-ended Questions
- Affirmations
- Reflective Listening
- Summaries

Meet Your Live Action OC Team



LACEY BAILEY
Chicago Director



YVONNE OBY
Chicago Co-Director



HAZELLA ROLLINS-LAVAR
Mt. Vernon Director



SONIA CERVANTES
Steering Committee Member



CHRIS BACOT
Director of Operation Change

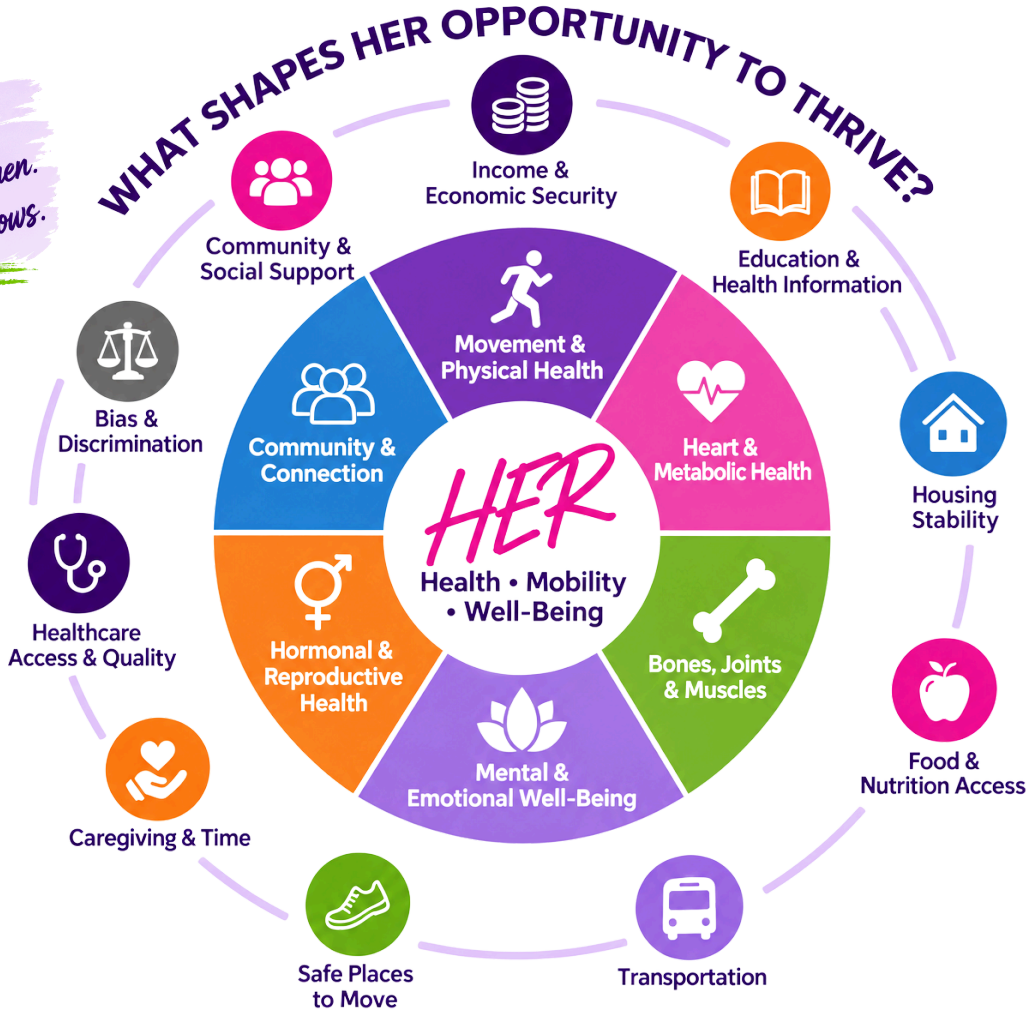
Her life.
Her barriers.
Her strengths.
Her next move.

WOMEN'S HEALTH IS WHOLE HEALTH

Her health is connected – and shaped by the world around her.

A woman's health is more than one diagnosis, one stage of life, or one moment in care. Physical, emotional, hormonal, metabolic, and musculoskeletal health are deeply connected—and her ability to thrive is also influenced by the conditions around her every day. When healthcare, community support, education, and movement work together, women are better positioned to understand their health, identify their priorities, and make informed decisions.

Stronger Communities. Healthier Women. Brighter Tomorrows.



25% | **MORE TIME IN POOR HEALTH**

Globally, women spend approximately 25% more of their lives in poor health than men.

$1 TRILLION OPPORTUNITY

Closing the women's health gap could potentially add at least $1 trillion annually to the global economy by 2040.

Source: McKinsey Health Institute, Closing the Women's Health Gap, 2024.

Stories That Move Health Forward

Listen. Learn. Connect. Act.

Movement Is Life uses podcasts, interviews, and first-person storytelling to connect clinical knowledge, community wisdom, lived experience, and emerging ideas in women's health. Our conversations go beyond identifying disparities. They explore what is working, what must change, and how healthcare professionals, communities, policymakers, and women themselves can help build a healthier future.

Through three distinct series, MIL creates space for evidence, experience, and voices that deserve to be heard.

The Health Disparities Podcast
AWARENESS • ADVOCACY • ACTION

WHERE EXPERTISE MEETS LIVED EXPERIENCE

MIL's flagship podcast brings together healthcare professionals, researchers, community leaders, policymakers, and advocates for thoughtful conversations about health, mobility, access, and the systems shaping people's lives.
Each episode translates complex issues into meaningful dialogue—connecting research and policy with real-world experiences and practical opportunities for change.

For: Healthcare professionals, researchers, community leaders, advocates, and policymakers

let's talk about health

REAL CONVERSATIONS FOR EVERYDAY LIFE

Let's Talk About Health makes health information approachable, relevant, and connected to the questions women and families are asking every day.
From movement and nutrition to mental well-being, chronic conditions, caregiving, and navigating healthcare, the series creates welcoming conversations that help listeners better understand their health and identify their next steps.

For: Women, families, caregivers, and communities

HER Voices

HER STORY. HER WISDOM. HER IMPACT

Stories That Move Health Forward

HER Voices preserves and elevates the personal stories of women whose experiences have shaped families, communities, healthcare, and the Movement Is Life journey.
Through intimate conversations and oral histories, women share what they have survived, learned, built, and changed. These stories honor the past while creating knowledge, courage, and possibility for the women who come next.

REAL WOMEN. REAL STORIES. LASTING CHANGE.

For: Every woman whose story deserves to be heard—and everyone prepared to listen

LIVE FROM DETROIT

IDEAS TODAY. A HEALTHIER TOMORROW.

Throughout the 2026 Annual Health Summit, MIL will record new conversations with presenters, community leaders, innovators, and women advancing health across the country.
These conversations will extend the Summit beyond these two days —allowing its ideas, lessons, and voices to continue moving forward.

FIVE FEATURED CONVERSATIONS

Different voices. Shared purpose. A healthier tomorrow.



Dr. Arline Geronimus - Weathering: The Extraordinary Stress of Ordinary Life in an Unjust Society



Dexter Sullivan - Health Begins in Community



Maria Haugen - Turning Lived Experience Into Better Care: The FoXX Health Story



Dr. Caira Boggs - Designing Systems That Move With Communities



Dr. Lattisha Bilbrew - Move Early, Move Often: A Conversation on Movement as Medicine

Listen. Watch. Follow.
EXPLORE OUR PODCASTS ON:

SCAN TO LISTEN & LEARN MORE

Meet the Voices
Moving Health Forward

This year's featured speakers bring together clinical expertise, community wisdom, lived experience, and courageous leadership to explore what it takes for women and communities to thrive.

Dr. René Roberts and Dr. Standifer-Barrett challenge us to think differently about women's health, community partnership, and the systems shaping access and outcomes. Our Food as Medicine conversation, featuring Dr. Kimberlydawn Wisdom alongside Michael Schram, Cooking Matters Coordinator at Gleaners Community Food Bank, examines how nutrition, trusted partnerships, and community-based resources can become powerful tools for prevention and better health.

We will close with Olympic medalist Kimberly Glass, whose journey offers an inspiring reflection on movement, resilience, identity, and what it means to carry the heart of a champion through every stage of life.

Together, these voices reflect the spirit of Strength in Motion—inviting us to listen more deeply, connect across sectors, and transform knowledge into action.



Featured Voices

STRENGTH IN MOTION: SPEAKERS SHAPING THE CONVERSATION.



Dr. René Roberts

Board-Certified Family Medicine Physician | FAAFP
Castle Connolly Top Doctor (2024 & 2025)
Who Gets to Heal? Reimagining Access, Equity, and Who Belongs in Medicine

Dr. René Roberts is a board-certified Family Medicine physician, Fellow of the American Academy of Family Physicians, and Castle Connolly Top Doctor (2024 & 2025). She serves patients on Chicago's south side and has spent her career dismantling the barriers that keep quality healthcare out of reach for underserved communities.

Her journey to medicine was anything but linear. After 50 medical school rejection letters and two failed licensing exams, Dr. René refused to be defined by the metrics that tried to measure her out. She turned every setback into strategy — and now teaches audiences nationwide how to do the same through her signature L.Y.M.I.T.S. Method™.

A TEDx Sarasota 2026 speaker and trusted medical voice on ABC 7, CBS 2, Fox 32, NBC, WGN, and the Chicago Tribune, Dr. René brings rare credibility to the intersection of advancing equitable change, resilience, and community medicine.



Dr. Bryanne Standifer-Barrett

Board-Certified Internal Medicine Physician | Menopause Society Certified Practitioner
Me First, Then Everybody Else: A Prescription for Community Health

Born and raised on Detroit's east side, Dr. Bryanne Standifer-Barrett pursued her dream of becoming a physician after completing her education in the Detroit Public School District and earning a Bachelor of Science in Interdisciplinary Studies with a pre-medicine focus from Michigan State University. Before medical school, she gained clinical and teaching experience as a patient care technician, hemodialysis technician, and math teacher.

She earned her medical degree from Michigan State University College of Human Medicine while also embracing motherhood, then completed her Internal Medicine residency at Henry Ford Hospital in Detroit, serving on the frontlines during the COVID-19 pandemic. As Chief Medical Resident, she focused on primary care and developed a business in medicine curriculum for the residency program.

Now practicing as an internist in Southfield, Michigan, Dr. Standifer-Barrett specializes in chronic disease prevention and management, women's health, nutrition, and menopausal medicine. She has organized seven free health fairs in Detroit, serves as a medical advisor for Black Girl Vitamins, hosts monthly educational webinars, contributes to research on bias in medical education, and was named a 2025 Michigan Chronicle Woman of Excellence.

Featured Voices

STRENGTH IN MOTION: SPEAKERS SHAPING THE CONVERSATION.



Kimberly Glass

Olympic Silver Medalist | Speaker | Personal Trainer

Heart of a Champion: The Choice to Rise Again

Kim Glass is an Olympic Silver Medalist, speaker, and personal trainer who helps people transform their health, confidence, and quality of life. A member of the 2008 U.S. Olympic Volleyball Team, she has spent more than a decade as a certified personal trainer and served as a lead Move Coach on the Headspace mindfulness and meditation app.

Through her Ready, Set, Gold! program, Kim brings health, fitness, and social-emotional learning to underserved youth in Southern California schools. She also serves on the boards of the Koroibos Foundation, the Southern California Olympians & Paralympians Association, and the Los Angeles District Attorney's Victims of Crime Advisory Board.

As a survivor herself, Kim knows what it takes to rebuild and come back stronger. Her message is simple and empowering: choose yourself, and keep choosing yourself.



Dr. Kimberlydawn Wisdom

M.D., M.S., FACEP | Senior Vice President, Community Health, Education & Wellness | Chief Wellness Officer, Henry Ford Health

Food As Medicine: Fueling Movement, Strength, and the Power to Heal

Kimberlydawn Wisdom, MD, MS, FACEP is Senior Vice President of Community Health, Education & Wellness and Chief Wellness Officer at Henry Ford Health. A board-certified Emergency Medicine physician for 30 years, she has also served as Chair of the Gail and Lois Warden Endowment on Multicultural Health and as Michigan's — and the nation's — first state-level Surgeon General.

Dr. Wisdom's work centers on community health, wellness, maternal and child health, chronic disease, healthy lifestyles, and advancing trauma-informed healthcare organizations. She has led and advised major initiatives focused on improving outcomes for communities disproportionately affected by poor health.

She has worked across healthcare, education, and community partnerships, and is widely recognized for her leadership in public health, prevention, and advancing equitable change.

Breakout Sessions

Fresh perspectives.
Shared learning.
Actionable insight - in motion.



Improving Transparency and Communication in Sub-Specialty Care

Cameron Roth, MD, MHS
Orthopedic Surgeon
OrthoArizona



Culture as Catalyst: Transforming Health Programs to Advance Equity and Access

Tre Cabrera, MSW, MRP
Founder & CEO
Cabrera Advisory Group, LLC



From the Bedside to the Capitol: A Surgeon's Blueprint for National and State Healthcare Advocacy

Tamara Huff, MD, MBA
Orthopedic Surgeon & CEO
Vigeo Orthopedics



Stories in Motion: Using Interactive Playback Theatre to Advance Community Health Dialogue

John A Johnson
Founder, Verbal Gymnastics
BA Theatre Arts, University of the District of Columbia



When the Healer Is Depleted: Burnout, Health Equity, and the Leaders Our Communities Can't Afford to Lose

Brandiss T. Pearson, Ed.D, FNP-C
MIDAS Consulting



Train Your Resilience Muscle: Building Sustainable Leadership Capacity for Community Health Leaders

Nagham Alsamari
Trainer and Resilience Coach,
Imkan Leadership Development LLC

Women Moving
HEALTH FORWARD

Stronger communities. Healthier futures.
A more equitable tomorrow - together.

BREAKOUT SESSION

One Movement, Many Communities

Women Advancing Health Across Urban and Rural America



Shannon M. Lijewski, MBA, CHCEF, NCHW

CEO | Everyday Life Consulting



Harolyn Nimmo

Chief of Operations-Juvenile and Youth Services, Wayne County Michigan



Jill Oesterle

Director of Provider Solutions, Michigan Center for Rural Health



FACILITATED BY

Sarah Hohman

Director of Government Affairs, National Association of Rural Health Clinics

PANEL SESSION

When She Moves, We All Move

Advancing Women's Health and Voice



Dr. Michelle M. Cabrera, MD, FACOG

Women's Health, OB/GYN Specialist



Dr. Indea May, DNP, RN, FNP-BC

Clinical Director/Nurse Practitioner, Aryze Well PLLC



Cara McClellan

Director and Associate Practice Professor of the Advocacy for Racial and Civil Justice Clinic, University of Pennsylvania



FACILITATED BY

Crystal Marie Young

Director of Global Events/Founder, Crystal Marie Events, LLC

PowHer Pitch

HER IDEAS. BOLD SOLUTIONS. HEALTHIER FUTURES.

Powered By Movement is Life

Women's ideas can move communities forward. PowHer Pitch is a national platform for women whose ideas are improving health, expanding access, strengthening communities, and reimagining what is possible. Finalists present their solutions, and a panel of judges considers innovation, community relevance, feasibility, growth potential, and vision.

MEET THE FINALISTS

Bold ideas.
Brighter communities.



JANA ROSE STEWART
VelaHR



LYNNE MATALLANA
PainTools



JOLIE WYATT
If The Shoe Fits (ITSF)



DR. TIEYA M. QUALLS
PelviFlow

MEET THE JUDGES

Real Perspective.
Lasting Impact.



CAROLYN CASSIN
President & CEO
Michigan Women Forward



KEVIN KETELS
Director, Entrepreneurship & Innovation Programs
Wayne State University



MELINDA CLEMONS
Vice President, Programs & Impact
Ginosko Development Company

Investing in women as innovators, problem-solvers, and leaders shaping the future of health.

She Moves Us

DETROIT MOVES TOGETHER

Movement is more than exercise—it is joy, culture, connection, and community. Dance offers an inviting way to move the body while supporting cardiovascular health, balance, coordination, mood, and social connection. It reminds us that physical activity does not have to happen in a gym or look the same for everyone. Sometimes movement begins with familiar music, a welcoming space, and people willing to learn together.

Movement has a rhythm. Community gives it meaning.

In Detroit, the Hustle is more than a line dance. It is a cultural tradition passed from person to person and generation to generation at family celebrations, community gatherings, neighborhood events, and dance floors across the city. Detroit's hustle community is known for being both close-knit and welcoming, bringing people together through shared rhythm and movement.

Led by Movement Specialist Patti Dukes Jordan, this joyful movement experience invites everyone—regardless of age, experience, or ability—to get up, find the rhythm, and learn the Detroit Hustle.

No perfect steps are required. Simply bring your energy, move in the way that feels right for you, and experience what happens when Detroit moves together.



MISTRESS OF CEREMONIES

Ber-Henda Williams

Returning as Mistress of Ceremonies, Ber-Henda Williams brings her signature energy, warmth, creativity, and gift for connection to the 2026 Summit. A bilingual poet, author, leadership coach, and community voice, Ber-Henda creates spaces where people feel welcomed, inspired, and ready to participate.

Throughout the Summit, she will help connect our speakers, stories, movement experiences, and community—reminding us that transformation begins when every voice is valued and everyone is invited into the movement.



MOVEMENT SPECIALIST

PattiDukes Jordan

Patti will lead attendees in a joyful, accessible introduction to the Detroit Hustle—celebrating movement as a source of health, culture, connection, and Detroit pride.

ALL MOVEMENT.
ALL PEOPLE.
A STRONGER DETROIT.

Poster PRESENTERS

Explore innovative research, community initiatives, and practical solutions that advance health, mobility, and equitable change.

TOP 3 POSTER PRESENTATIONS



Antonio Pellerito
University of Michigan Medical School

SHD and Surgical Cancellation Rates in THA/TKA



Damon Ross Jr.
Henry Ford Hospital
Department of Orthopedic Surgery

Crime Burden as Predictor of Outcomes After Hip Surgery



Jaumark Pierre
Andrews University

Culinary Medicine to Address Chronic Disease Disparities

ADDITIONAL POSTER PRESENTERS

Agboade Sobowale
University of Louisville School of Medicine
The Joint Collaborative: Closing Louisville's MSK Access Gap

Alicia J. Whittington, PhD, MPH, MS
Harvard Medical School
Arthritis & Total Joint Arthroplasty in Former NFL Players

Arya Mashraghy
Wayne State University School of Medicine
War Prevention as a Public Health Concern

Asiya Falak
Carle Illinois College of Medicine
A Program Combining Health Literacy and Physical Activity

Brook Gebremariam
Indiana University Bloomington
Physical Activity and Cardiometabolic Health in Disability

Camille Clarke
Toronto Metropolitan University
Targeting Metabolic Inflammation to Improve MSK Equity

Ceser Armas
Department of Orthopaedic Surgery, University of California Davis, Sacramento, CA
Social Determinants of Health in Orthopaedic Readmissions

Colton Clymer
University of Michigan Medical School
Predictors of PROM Completion After TJA

Deborah Cann
Pilates Therapeutics – Dr. Suzzane Martin
Improving the Return to Fitness for Cancer Survivors

Desiree Leapheart
Pilates Therapeutics – Dr. Suzzane Martin
Restorative Pilates for Cancer Survivors – The Martin Method

Poster PRESENTERS

Explore innovative research, community initiatives, and practical solutions that advance health, mobility, and equitable change.

ADDITIONAL POSTER PRESENTERS

Eddy Montalvo

Andrews University / Harbor of Hope

Co-Creating Health: A Community Partnership Model

Guen-woo (Albert) Oh

Wayne State University School of Medicine

A Scoping Review of Pavement Burn Injury Epidemiology

Hannah Mbungu & Jonathan Garcia

Andrews University

Partnerships for Childhood Health and Prevention

Isaac Steven Gamwo

University of Pittsburgh School of Medicine
Preoperative Iron Deficiency Anemia (IDA) and Outcomes Following Primary TKA

Gerardo Rubio Monroy

Wayne State University School of Medicine

STEP 1 Remediation: Peer Mentorship & Professional Identity

Jennifer Bulcock

Penn Carey Law / Hospital of the University of Pennsylvania

Screening to Surveillance

Jesse Hawkins

Wayne State University School of Medicine

Quantifying Hydration Equity in Secondary School Athletics

Jordan Perez

Yale School of Medicine
Mechanisms and Intervention Targets in Fracture Recovery
Mapping SDOH and PROMs in Fracture Surgery: Scoping Review

Joseph Files

Henry Ford Hospital Department of Orthopedic Surgery
Association of ADI and Crime Rate with Orthopedic Outcomes
Impact of SDoH on Outcomes and Complications After LE IMN

Kezia Duah

Ohio University Heritage College of Osteopathic Medicine

Barriers to Timely Hip Fracture Surgery

Kirsten Ambrose

Osteoarthritis Action Alliance, University of North Carolina at Chapel Hill
Engaging Latino Communities to Advance Arthritis Equity

Lakin Hatcher

University of Queensland – Ochsner Clinical School

Disparities in PROM Completion Following TJA

Lilly Mai

University of California Davis Health, Department of Orthopaedic Surgery; California Northstate University College of Medicine
CJR-Linked Patient Selection in Primary TKA

Mahmoud Teran

University of Michigan Medical School

Opioid Use, Recovery, and SDOH in Primary TJA

Manahil R Shaikh

Johns Hopkins University Bloomberg School of Public Health, Wayne State University School of Medicine

Youth Nutrition Education Program in AI/AN Communities

Poster PRESENTERS

Explore innovative research, community initiatives, and practical solutions that advance health, mobility, and equitable change.

ADDITIONAL POSTER PRESENTERS

Melisa Romero

Andrews University

Obesity-Related MSK Disease Through Health Education

Rithika Ginjupalli

UC Davis Department of Orthopedic Surgery

Community-Engaged Orthopedic Research and Practice Framework

Miguel Rullan Fumero

Yale School of Medicine

Material Insecurity & Recovery After Fracture Surgery

Ruth Adewale

Ponce Health Sciences University – Saint Louis Campus

Management of RED-S: A Systematic Review

Racquel Lyn

The University of Texas Health Science Center at Houston, McGovern Medical School

A Step in the Right Direction: Clubfoot Treatment Equity

Sabra Ellison

Lewis Katz School of Medicine at Temple University

Unplanned Readmissions After Ankle Fracture Fixation

Research in Motion

IDEAS. EVIDENCE. IMPACT.

Board & Steering Committee

The leaders helping shape Movement is Life's direction, community partnerships, and future growth.

2026 BOARD MEMBERS



MARY I. O'CONNOR, MD
Chair, Movement is Life Board of Directors



SYLVIA PRECIADO, MD
Vice Chair, Movement is Life Board of Directors



ERICK SANTOS, MD, PHD, FAAOS
Treasurer, Board of Directors, Movement is Life



BILL FINERFROCK
Secretary, Board of Directors, Movement is Life



CLAUDIA H. ZAMORA, MPA
Member, Board of Directors, Movement is Life

NEW 2027 BOARD MEMBERS



DARIA TERRELL, MD



DONALD DEA



MIYA GRAY TORAIN



DARLENE C. DONEGAN, ED.D



SONIA CERVANTES, CHC



SARAH HOHMAN

NEW IDEAS. GREATER IMPACT.

STEERING COMMITTEE



LEIGH CALLAHAN, PHD



HADIYA GREEN, PT, DPT



MELVYN HARRINGTON, MD



ZACHARY LUM, DO

BOLDER TOGETHER FOR A HEALTHIER TOMORROW.



JOYCE KNESTRICK, PHD, FNP-BC, FAANP



CHIARA RODGERS, MPH



YASHIKA WATKINS, PHD, MPH

Learn More & Join Our Movement Council

THE ROLE OF OUR COUNCILS

STRATEGIC RELATIONSHIPS. INNOVATIVE SOLUTIONS. LASTING IMPACT.

movement is Life®
start moving, start living

Leading the Movement.
Strengthening Communities.

Our Councils extend the strength and reach of our Board by bringing expertise, networks, and ideas to advance Movement is Life's mission.

Two strategic lenses. One shared mission.

MOVEMENT PARTNERSHIPS COUNCIL (MPC)

Who can help us?

Opens doors. Builds relationships. Expands resources.

The MPC focuses on cultivating relationships and securing resources that strengthen our mission, expand our reach, and ensure long-term sustainability.

CORE RESPONSIBILITIES

- Build strategic relationships with donors, foundations, corporations, and community leaders
- Identify and pursue philanthropic, sponsorship, and partnership opportunities
- Cultivate foundation and government relationships
- Open doors to new communities, influencers, and implementation partners
- Champion Movement is Life and expand visibility and credibility
- Support earned revenue opportunities

MOVEMENT INNOVATION COUNCIL (MIC)

How can we make this better?

Generates ideas. Advances solutions. Improves impact.

The MIC focuses on strengthening programs, research, education, and innovation to improve women's health and movement, and to scale our impact.

CORE RESPONSIBILITIES

- Identify emerging trends and opportunities
- Shape educational content and learning experiences
- Advance research and policy opportunities
- Foster innovation through ideas, pilots, and new models
- Improve evaluation and participant outcomes
- Share thought leadership and elevate the Movement

HOW OUR COUNCILS WORK TOGETHER

MPC ASKS:

Who should be at the table?

Who can help us grow, fund, connect, or scale this?

TOGETHER:

RELATIONSHIPS + IDEAS = RESOURCES & SOLUTIONS

Sustainable Impact

MIC ASKS:

What should we build, improve, or bring forward?

What solutions will create the greatest impact?

COUNCIL MEMBERSHIP IS A LENS, NOT A LIMIT.

Every leader has a primary Council home, not a boundary. We encourage cross-council collaboration so expertise, relationships, and ideas flow across Movement is Life to maximize our collective impact.

Connections are passed off, not hoarded.

FROM RELATIONSHIPS TO RESOURCES

The Movement Partnerships Council plays a critical role in our Moves Management strategy by identifying, cultivating, and opening doors to prospective donors, sponsors, partners, and champions.

Our management team leads solicitation, stewardship, tracking, and organizational execution to turn relationships into sustainable impact.

- Open doors
- Build relationships
- Inspire investment
- Steward well
- Drive lasting impact

Interest Form

Together, our Councils expand our reach, strengthen our solutions, and advance Movement is Life's mission for women and communities.

Meet the MIL Team



Danielle Hilliker, MSM, MPhil

PhD Candidate, Public Policy

President & CEO



Desiree Clemons, BS

National Director, Strategy & Imapct



Beth Kurta, BS

Summit Director



C. Christopher Bacot,

National Director, Operation Change



Alexis Brown, BFA

Director of Communications and Multimedia

People. Purpose. A Healthier Tomorrow.

StrongHER Together

THANK YOU FOR MOVING WITH US

To everyone who joined us for the 2026 Movement Is Life Annual Health Summit—**thank you.**

We extend our deepest appreciation to our attendees, speakers, moderators, award honorees, poster and podium presenters, PowHer finalists and judges, volunteers, community partners, Board members, and Steering Committee members. Your ideas, experiences, and commitment made this gathering possible.

This Summit is more than an annual event. It is where community wisdom, clinical knowledge, research, policy, philanthropy, and innovation come together to create new possibilities for women's health and mobility.

The conversations begin here, but the movement continues through the relationships we build and the actions we take next. Whether you bring Operation Change to a new community, share trusted health information, advance research, support women-led innovation, invest in our work, or advocate for better systems of care, you have a place in what comes next.

In the spirit of Ubuntu: "I am because we are."

With deep gratitude,
The Movement Is Life Team

Stay Connected

MovementIsLifeCommunity.org

@MovementIsLifeCommunity

info@movementislifecommunity.org

Interested in supporting Movement Is Life or learning more about service on our Board or Steering Committee?

Danielle Hilliker, President & CEO
dhilliker@movementislifecommunity.org

COMMUNITY
MOVEMENT
OPPORTUNITY
A HEALTHIER TOMORROW



2026 HEALTH SUMMIT

Notes:



"When women *move forward,* communities move with them.

Healthier People,
Stronger Communities,
Brighter Futures.

movement is life

start moving, start living

Thank You

FOR BEING PART OF THE MOVEMENT.

Together, we're creating healthier people, stronger communities, and a brighter tomorrow.



www.movementislifecommunity.org

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