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## **Wellness Practitioners Summit Seeks to Improve Access to Health + Wellness Services for BIPOC Communities**

**MADISON, WI** – Madison Public Library, Be Well Madison, and Midwest Mujeres are partnering to offer a virtual BIPOC (Black, Indigenous and People of Color) wellness practitioner gathering on February 17, 2022 from 7-8:30 p.m. via Zoom. A panel of local practitioners and organizers (listed below) will reflect on their work centering BIPOC wellness experiences and answer questions from the audience.

The event will include time to network with fellow practitioners, as well as the opportunity to see some practices in action during several short showcases throughout the event. The Live Well @ Your Library team is hosting this event as a continuation of the series of wellness programs held in Summer 2021. Over the course of several events the Community Wellness Survey was distributed and more than 75% of survey respondents identified as non-white. The Putting it Into Practice event will share additional early results from the survey, which will provide crucial insight into the health and wellness needs of Madison’s BIPOC community.

“As we move into the next phase of Live Well @ Your Library, we want to invite practitioners from across the city to connect with one another and engage in generative dialogue on meaningful collaboration and accessibility,” said Community Engagement Librarian Kristina Gomez. “Our panelists are wellness practitioners representing a variety of fields and bring expansive knowledge to the table. The goal is to bring together panelist and audience expertise to help grow our collective knowledge and find ways to move forward in creating a more inclusive health and wellness landscape in Madison.”

Culturally diverse practitioners from various health and wellness fields will share best practices, discuss how to improve the health and wellness landscape in Madison and provide actionable tips on engaging diverse populations. Anyone in the medical or wellness fields is welcome to attend - from nurses and doctors to Reiki healers, personal trainers, massage therapists, etc.

Events Schedule:

- 7-7:10 p.m.: Welcome & Practitioner Showcase 1 (Example: meditation)
- 7:10-7:55 p.m.: Panel Discussion & Q&A
- 7:55-8 p.m.: Practitioner Showcase 2
- 8-8:20 p.m.: Facilitated Conversation in Breakout Rooms and group share
- 8:20-8:30 p.m.: Closing & Practitioner Showcase 3

### **Panelist Bios:**

**Takeyla Benton:** Takeyla Benton is a Diversity Equity and Inclusion Analyst by day and modern Mystic in every way, dedicated to healing from within. She's a mom, a writer and storyteller, intuitive tarot reader/medium, Reiki Practitioner, Guided Meditation Coach, Life Coach and she's still evolving. She's passionate about helping Black and Brown women find their purpose through the pain and rewrite their stories as they heal and use their own unique keys to transform their lives.

**Robbie Dominquez:** Robbi Dominguez is a personal trainer at Studio 11 Madison. In addition to being a trainer, she is a self-esteem builder, personal cheerleader, and encourager. She enjoys helping people reach their personal transformation goals with her personal motto: Decide, Commit, Succeed.

**Armando Hernández:** Dr. Hernández is a Licensed Psychologist and Equity-Centered Leader who has 20 years of experience in the areas of mental health, education, and healthcare. As a trainer, consultant, and administrator, he specializes in the areas of culturally responsive practice, behavioral health consultation, and systems change. Dr. Hernández is known as a dynamic and engaging speaker and trainer. He completed his Ph.D. in Counseling Psychology from the University of Wisconsin-Madison. He currently works as the Chief Diversity Officer for Journey Mental Health Center in Madison, Wisconsin.

**Jazmine Mendez, RN:** Jazmine Mendez has been a registered nurse for 5 years and a holistic health coach for 2 years. She's a busy mom of 3 and wife. She graduated from Alverno College in 2016 and started working as a community nurse in Madison. She launched her own health coaching business in 2020 after improving her health and her family's health with a plant based lifestyle. Jazmine has been helping busy women transform their health and reverse chronic health issues through her online trainings and programs.

**Brian "Rock" Hancock:** Rock is a MovNat Level 2 certified trainer and a MovNat team instructor. He also carries a BS in Kinesiology and a health coaching certification through ACE. He believes in meeting people where they are and integrating ancestral practices to help rewild our modern lives.

### **About Live Well @ Your Library:**

Madison Public Library, in collaboration with [Be Well Madison](#) and [Wisconsin Mujer](#), hosts a series of events centered on health and wellness titled Live Well @ Your Library. "Live Well @ Your Library" is inspired by the work of Venus Washington, Jasmine Timmons, Araceli Esparza and Nikki Cook and their ["Nourish You" Library Takeover Project](#), and seeks to empower those who have not always felt included in traditional wellness spaces, particularly BIPOC communities.

Can't participate but interested in future programming? Visit the [Live Well @ Your Library webpage](#) or sign up for the [bi-monthly newsletter](#)

### **About Madison Public Library**

Madison Public Library's tradition of promoting education, literacy and community involvement has enriched the City of Madison for more than 140 years. Visit the library online at [www.madisonpubliclibrary.org](http://www.madisonpubliclibrary.org), [madisonpubliclibrary](#) on Facebook, [@madisonlibrary](#) on Twitter, or [@madisonpubliclibrary](#) on Instagram.