



  
*Linked in Friendship, Connected in Service*  
Central Area

*Thrive*  
**365!**  
an evolution of  
mind, body and spirit

**CENTRAL AREA SUMMIT**  
**OCTOBER 6-9, 2022**  
LOUISVILLE, KY



**The Links,  
Incorporated**

*Linked in Friendship, Connected in Service*  
**Central Area**

## *Central Area Leadership Summit*


### *Louisville Oct 7-9, 2022*

### *Thrive 365!*

The **Central Area Leadership Summit** was the first in person area event in 2 years.

The theme of the summit was “**Thrive 365!, an evolution of mind, body and spirit**”, all about self-care so we can care for others, family, friends and communities. Links from Arkansas · Illinois · Indiana · Iowa · Kansas · Kentucky · Michigan · Minnesota were in attendance. The conference started Thur PM with an intimate chat with our national President Ethel Issac Williams and opening remarks from Central Area Director Monica Allen. Friday and Saturday started with daily with yoga at 7 AM, followed by breakfast and amazing speakers from across the country. Link Pebble Fagan presented on ***Social Justice in Women's Wellness: Why the Caged Bird Must Sing*** and Link Gloria Richard-Davis presented on ***Menopause: This Girl is on Fire***. Saturday night ended with a very entertaining game night- fun, fun, fun!!! On Sunday morning, we closed out with a powerful, spiritual sermon The Queen's Legacy Presenter: **Shavon Arline-Bradley, MDiv**

Youtube video: <https://youtube.com/shorts/XleCFHK9z-8?feature=share>



### MENOPAUSE: THIS GIRL IS ON FIRE!

**PRESENTER GLORIA RICHARD-DAVIS, MD, MBA, NCMP, FACOG**

Women live a third of their lives post-menopause. Black women experience menopause differently from their white counterparts and other women of color and disparities exist in menopausal care, just as in other areas of healthcare. Lifestyle choices and medical options to treat menopause symptoms impact quality and longevity of life. To reduce disparities in care of menopausal women and improve culturally responsive menopausal care, it is important to increase awareness and understanding of the unique physical, psychological and social experiences of menopausal women and how the impact of race, ethnicity, and social determinants of health influence expectations, perceptions, and attitudes about menopause. We will discuss the critical need to overcome the silence surrounding menopause.

*Thrive 365!*



### SOCIAL JUSTICE IN WOMEN'S WELLNESS: WHY THE CAGED BIRD MUST SING

**PRESENTER PEBBLES FAGAN, PHD, MPH**

The three objectives of this session are to

1. Raise awareness of what social justice is;
2. Discuss the six key dimensions of wellbeing required to achieve social justice; and;
3. Discuss the critical action steps that women in leadership must take to help create the social conditions necessary for women, families, and communities to thrive and be released from oppressive conditions.

By the end of this session, women will be empowered with knowledge and skills that can be applied to Links' strategic planning and programming, laying the foundation for more socially just communities in which African Americans live.

## **The Little Rock Chapter of Links, Inc members in attendance**

Annette Slater, President

Gloria Richard-Davis, Vice President

Pebbles Fagan

Lana Nayles, Past President

Stephanie Jackson

Tanya James



Little Rock Links at Central Area Leadership Summit L-R Pebbles Fagan, Gloria Richard-Davis, Lana Nayles, Annette Slater, Tanya James, Stephanie Jackson



**President Ethel Issac Williams** with chapter members: L-R Tanya James, Lana Nayles, Gloria Richard-Davis, Ethel Issac Williams, Kimberly Mcgee (NW AR Chapter), Pebbles Fagan





Links with **Central Area Director, Monica Allen**  
 L-R Kimberly McGee (NW AR), Stephanie Jackson, Tanya James, Monica Allen, Pebbles Fagan, Gloria Richard-Davis, Lana Nayles



Links volunteering with Black KARE stuffing KARE bags for the local Louisville community



**Link Shavon Arline-Bradley**, closing speaker with LR Links  
L-R Lana Nayles, Shavon Arline-Bradley, Gloria Richard-Davis and Pebbles Fagan