



2023 Summer Conference: *The Power of You!*

Thursday, July 27th, 2023

Join us for Happy Hour @ 7pm Wednesday Night!

The Oregon Garden Resort

895 West Main St.

Silverton, OR 97381

*Come for a day reconnecting, recharging
& re-energizing the power that is you!*

Registration: \$150

Early bird price is \$130 if paid by June 15th

Breakfast & lunch provided.


For more information go to:

<https://www.aawccoregon.org/>



Speakers

Tawna Sanchez- *'Leading from Where You Are'*



Representative Tawna Sanchez is honored to serve in the Oregon Legislature, where she proudly represents North and Northeast Portland. She currently serves as Co-Chair of the Joint Committee on Ways and Means and Co-Chair of the House Conduct Committee. She also serves as the Co-Chair of the Joint Committee on Audits.

Rep. Sanchez has been advocating for social justice her entire life and is proud to bring that experience and dedication to the Oregon Legislature. From serving as a foster parent to co-founding the Native American Youth and Family Center, she has seen firsthand the numerous obstacles faced by children and families in our community. Rep. Sanchez is committed to removing these obstacles by improving our behavioral health system, investing in affordable housing, and strengthening early education. Fighting for the underserved in our district and our state remains her top priority.

Dr. Zarya Rubin- *'Is Work-Life Balance A Myth? How to Keep Juggling Without Feeling Like You Joined the Circus'*

Dr. Zarya Rubin is a Harvard-educated physician, a functional medicine health coach, and keynote speaker. She helps passionate, high-achieving women get to the root causes of chronic illness symptoms and burnout so that they can heal from the inside out and truly thrive. She is the founder and CEO of Dr.Zarya, a boutique functional medicine practice in Portland, OR.

Dr. Rubin studied neurology at McGill University and the renowned Neurological Institute at Columbia Presbyterian Hospital in New York City. She received her health coach training at the Institute for Integrative Nutrition, studying with Dr. Andrew Weil, Dr. Mark Hyman, Dr. Deepak Chopra and other leading influencers in the world of holistic health, and went on to complete her Level 2 Functional Medicine training at the School of Applied Functional Medicine. She lives in Portland, OR with her husband, 9-yr-old daughter, and Bichon miniature poodle puppy.





Chelsea Kimmet- *'Vision Boards- Putting It All Together'*

For the past 15 years, Chelsea Kimmett developed emerging leaders by supporting and guiding initiatives, programs and organizations led by students.

A graduate of PCC, Chelsea is passionate about the mission of community college and believes in the power of education and experiential learning. As an undergraduate, she was actively involved in student government, campus programming and Greek Life. Professionally, Chelsea began her career at Linn-Benton Community College in 2008 as the Student Activities Coordinator. In 2010, she moved to Portland Community College as the Clubs & Programs Specialist, which later developed into an Assistant Director role with Student Life & Leadership. After working with the PCC Foundation as the

Events Coordinator, Chelsea returned home to PCC Student Life to lead a new student leadership program.

Currently, Chelsea coordinates Sustainability Leadership & Basics Needs, a program which aims to support PCC students so they can thrive. The program she coordinates provides access to resources and engagement opportunities that support a healthy community in the face of a changing climate. Chelsea lives in Northeast Portland with her partner and many pets when she isn't plotting her next trip to Disneyland.

