

Living Chronic Faith presents...

My Body
my Friend



My Body, My Friend
Virtual Summit

Saturday, September 14, 2024

11am to 4pm EST

Welcome to My Body, My Friend!

Perspective changes everything.

When I was diagnosed with multiple autoimmune illnesses, research told me that, essentially, my body was fighting me. My symptoms seemed to confirm that assumption, so I began to see my body as my enemy.

One day, God reminded me of how my body continued to function before I received any treatment, took any medication, or stopped doing any of the destructive things I was doing to it. He had designed my body to be a good friend to me--and I realized I had not been the friend that my body deserved. Now, despite the limitations, the challenges, and the pain, I see my body for the ally it has always been, and I do a much better job of supporting it.

Perspective changes everything, and it is my prayer that you will see yourself only as the fearfully, wonderfully made creation that God sees, and that your friendship with your body will flourish like never before.



Expect Great Things,
Allison Hampton, Founder
Living Chronic Faith, Inc.

Our Mission

Living Chronic Faith is a faith-first community of people living with chronic medical conditions and those who care for them in order to provide encouragement, support, and resources to help them maximize their quality of life so that they will live towards their God-given purpose.

Living with chronic medical conditions can be difficult. Living Chronic Faith is here to make the journey more meaningful by:

- connecting members with others with experiences that are similar to their own and encouraging them to interact with people who can genuinely relate to their challenges and victories
- presenting content designed to motivate and uplift, and to inspire members to live fully and not merely exist
- providing lifestyle optimization strategies that, when put into practice, will help make daily tasks easier, conserve physical energy, and minimize frustration and unnecessary stress
- furnishing a wealth of resources that exist to help members become as healthy as possible (physically, spiritually, mentally, and emotionally)
- helping members identify and pursue their personal goals
- introducing (adaptive and assistive) products and services that will support their independence and overall well-being
- Creating a safe space where people can embrace hope and dare to dream again

Registered members of Living Chronic Faith will receive:

- A quarterly newsletter
- A monthly bulletin announcing upcoming LCF events
- Access to a monthly group Zoom with the founder
- Priority invitations to LCF events and webinars
- Periodic discounts on merchandise
- Seasonal devotionals and printable resources



Register at www.livingchronicfaith.com

EVENT SCHEDULE

11:00

Welcome

Prayer

Dr. Milton Keys

Scripture Meditation

11:15

Keynote

Dr. Harold Koenig, MD

11:55

Panel Discussion

“The Glory in My Story”

12:25

Gentle Stretching

Maleeka Love

12:30

Keynote Interview

Dr. Lamar Hardwick, D.Min.

EVENT SCHEDULE

1:05

Group Game

1:15

Prayer Time

1:45

Workshop: Caregiver Care

Tiffany Meyers

2:15

Workshop: Fueling Your Friend

Shalese Pugh, MS-MPH, RD

2:50

Prayer Time/ Break

3:05

Keynote

Dr. Ronya Green, MD

3:35

Closing Remarks

Our Keynote Speakers

Dr. Harold G. Koenig, MD, MHSc



Dr. Koenig received his undergraduate education at Stanford University, medical school training at the University of California, San Francisco, and geriatric medicine and psychiatry training and Master of Health Science degree in clinical research from Duke University. He is board certified in general psychiatry, and formerly board-certified in family medicine, geriatric medicine, and geriatric psychiatry. Dr. Koenig now serves as Professor of Psychiatry and Associate Professor of Medicine at Duke University Health Systems; Adjunct Professor in the Division of Psychiatry in the Department of Medicine at King Abdulaziz University in Jeddah, Saudi Arabia; Visiting Professor, Department of Psychiatry, at Shiraz University of Medical Sciences, Shiraz, Iran; and was formerly Adjunct Professor in the School of Public Health at Ningxia Medical University, Yinchuan, People's Republic of China.

Dr. Koenig has published nearly 650 scientific peer-reviewed academic articles, and more than 100 book chapters and 60 books. He has given testimony before the U.S. Senate (1998) and U.S. House of Representatives (2008) on spirituality, religion, and public health. Dr. Koenig is recipient of the Oskar Pfister Award (2012) from the American Psychiatric Association, and both the Gary Collins Award (2013) and the Frank Minirth Award (2021) for excellence in psychiatry and behavioral medicine from AACC. Dr. Koenig is the Editor-in-Chief of the International Journal of Psychiatry in Medicine, a peer-reviewed academic secular journal published by SAGE.

Dr. Koenig is the lead author of the Handbook of Religion and Health, 3rd edition, 2024, with professors Tyler VanderWeele (TH Chan School of Public Health at Harvard University) and John Raymond Peteet (Department of Psychiatry at Harvard Medical School). Dr. Koenig was co-leader of the 2022 Professional Development Training Course (PDTTC) for chaplains in the U.S. Navy, Marine Corps, and Coast Guard at military bases worldwide, training

over 1000 chaplains and religious program specialists on helping US Service Members develop spiritual readiness for combat operations. His current work focuses on building and sustaining spiritual readiness among Service Members to prepare them for future combat operations. Dr Koenig also frequently gives training sessions on spiritual readiness, prevention of moral injury, and prevention of suicide for U.S. Army, Special Operations Command (SOCOM), and Air Force (active duty and reserve), and Ukrainian Army leaders and chaplains. He directs the Duke University's Center for Spirituality Theology and Health in Durham, NC . In 2022, Dr. Koenig was ranked 1st in the world (lifetime) among highly ranked scholars in the academic discipline of spirituality. In June 2023, Dr. Koenig was ranked 10th in the world by Research.com in the overall category of Best Social Sciences and Humanities Scientists, and was ranked 7th best in the United States. He also has an active clinical practice, and is director of psychiatric services at Duke University's GET clinic.



Dr. Lamar Hardwick, D.Min.
“The Autism Pastor”

Dr. Hardwick is a father, husband, pastor, and author. He holds a Master of Divinity degree from Emory University as well as a Doctor of Ministry degree from Liberty University School of Divinity. He is a graduate of the Yale School of Divinity Clergy Scholar Program and a 2017 graduate of Georgia Forward's Young Gamechangers Program, which included 50 of the state of Georgia's top thinkers, innovators, and leaders under the age of 40. He is currently a PhD at Union Institute and University in Cincinnati, Ohio.

Dr. Hardwick is a contributing writer to multiple blogs and magazines including The Mighty, Key Ministry, Christianity Today, Huffington Post, Autism Parenting Magazine, and Zoom Autism Magazine. He is the author of *Epic Church* (2017) as well as his best-selling book, *I am*

Strong: The Life and Journey of an Autistic Pastor (2017). He is the lead pastor of Tri-Cities Church in Atlanta, GA. His most recent book project is Disability and The Church: A Vision for Diversity and Inclusion (InterVarsity Press 2021)

He provides workshops, seminars, and consults with local churches and faith-based organizations on creating environments for people with disabilities and chronic illness. Today, he continues to use the story of his life journey and his faith to speak words of hope, value, and human dignity to those who are hopeless, encouraging them to believe in all the possibilities that life has to offer.



Dr. Ronya Green, MD. MPH, MBA

Dr. Ronya Green is a board-certified family physician committed to delivering compassionate and comprehensive primary care to individuals and families. With a patient-centered and culturally competent approach, Dr. Green focuses on building lasting relationships with her patients. Her extensive medical training and experience equip her to address a wide range of health concerns, from routine check-ups to managing chronic conditions. She is committed to addressing the root cause of disease, adopting a holistic perspective that goes beyond symptom management.

Dr. Green is a graduate of UT Health at San Antonio School of Medicine and Baylor Family Medicine Residency Program. She also has an earned Master of Public Health and Master of Business in Healthcare Administration qualifying her as a proven healthcare leader. Dr. Green has served on numerous regional and national committees to improve healthcare access and equity. Dr. Green believes in empowering her patients to actively participate in their healthcare journey, fostering a collaborative and supportive environment to ensure the overall well-being of those under her care.

Workshop Facilitators

Shalese Pugh, MS-MPH, RD



Shalese Pugh is a Registered Dietitian with a Masters of Science in Nutrition and Masters in Public Health from University of Tennessee. She is the owner of Temple Nutrition and author of *Fit for the Kingdom* devotional. After realizing the power of food to heal the body, Shalese is passionate about helping women heal from the inside using nutrition and the word of God.



Tiffany Meyers

A caregiver and supporter of those caring for the unsung underserved caregiver community. Tiffany, the Transformation, Life coach turned Caregiver Coach and advocate provides real solutions and a direct ear to the caregiver creating open, honest, and immediately usable tools, techniques, and resources the caregiver can apply to be well as they care for their loved one.

Tiffany provides an open environment to discuss the constant challenges, concerns, and roadblocks. She walks through the steps of honesty and accountability to build healthy Consistent, Communication, Community to Cope & Care for self, maintain a healthy mind and body while providing compassionate care for a loved one. She boldly vocalizes so caregivers are not forgotten or overlooked while also reminding them they can walk in faith, be honest and love with grace making self-

care a priority without shame without being ashamed.

Tiffany's caregiver journey began as a byproduct of her husband's autoimmune lung disease that plateaued after over 15 years late 2018 when he acquired a bacterial lung infection called MAC. He was treated aggressively over three and a half years but the damage to his lungs finally resulted in him having to undergo a double lung transplant. Over that time, she became his caregiver administering IV meds, changing PICC line dressings, etc., and being a full-time wife, mom, everything. September 2022 doctors saw significant lung decline and advised double lung transplant was the option as he was stage 4 lung disease. Initially he said no but quickly realized it was his only option. I then became an official doing the same as above but more and taxiing back and forth to Charleston weekly.

The process was not only stressful but life-changing and being with other potential transplant caregivers there was a missing piece, a liaison and advocate to support the caregiver, many times the caregiver feels overwhelmed and drained but has to keep going, this was a gap and Tiffany is here to support, build and evolve the community of caregivers that need someone to care for and coach them through, who helps the caregiver. Tiffany. Who can relate to administrative hospital staff and the caregiver or the family. Tiffany. Living was not just a journey it is now also a mission to advocate and help others navigate the path.

Gentle Stretching with Maleeka Love



Maleeka T. Love is founder of Fabulously Fit Over Forty, a faith-based group which centers on fitness, nutrition and menopause coaching for women ages forty and older. Check out the Fabulously Fit Over Forty Instagram page to be added to the exclusive email list.

Panelists: “The Glory in My Story”



Shontel Jackson-Taylor

Shontel Jackson-Taylor is a Christian Life Coach and Christian Care Counselor with a servant's heart and a love for walking alongside and encouraging women through their physical and mental pain.

Through Shontel's personal journey and testimony of living with Chronic illness and Chronic physical and emotional pain, she developed a passion for empowering women on their journey toward healing and wholeness through the Lord Jesus Christ so they can live the abundant life for which they were created.

Shontel is the founder and Director of Purpose in the Pain Ministries, a Women's Chronic Pain Support Nonprofit Ministry that provides hope and encouragement to women with chronic physical and emotional pain through 1-on-1 support, blogs, group events, community engagement, and more.

Shontel holds a Master's Degree in Human Resources Management and Leadership & Management, a Graduate Certificate in Pastoral Counseling, and a Master's Degree in Christian Care.

Shontel is a United States Air Force Veteran. She resides in Charlotte, NC, and is the proud mother of a beautiful young lady in her junior year of college.

Bleu Lashell



A powerhouse entrepreneur and visionary CEO of Empowered Radiance, a community aimed at empowering women to step forward with renewed self-assurance, Bleu Lashell has risen from the challenges of coping with Alopecia, divorce, and four years of depression. Her resilience has resonated globally, making her an inspiration to others.

In 2011, she made her stage debut in the professionally produced play "This Has Nothing to Do With Hating You" and has since appeared in several other plays, including "Jubilee," "Love for Hire," "The Soul of a Black Woman," and "A Shattered Love." Bleu has also acted in several movies, such as "Pain and Gain" alongside Dwayne Johnson "The Rock," "Playing for Love," a short film directed by Robert Townsend, and "Okay Skinny Girls," directed by Carlos. In 2011, she began her print modeling career, and after moving to Columbia, South Carolina, she has appeared on the runway for designers such as "Loco Sturt" - Lolita Frazier, "Summer Breeze" - Paul Mitchell, "Mix It Up" - Nadia Rutherford, and "Fashion 4 Life" - Bella Modeling Agency.

As a guest speaker, Bleu Lashell has appeared for organizations such as Gold Speak Women, Re_Discover Me, The Red Streak Show "You Glow Girl," The Alopecian Queen Podcast, Young African Network for Global Goals, and Sister of Leisure Podcast. Bleu leads Empowered Radiance by providing the structure and guidance necessary for women to elevate their mindset, health, wealth, and leadership to pivot forward. Ready to transform your life?

Sierra Brown



Sierra is a Christian Health & Wellness Coach and founder of Melanin Well & Co. She resides in Dallas, TX and has nearly a decade of experience in the health & wellness industry and 13 impressive years of behavior change experience.

She specifically helps Black women of faith all over the world create dream relationships with food, movement, and God by breaking up with dieting for good, embracing nourishment wholeheartedly, and making health & wellness second nature.

Unique Sierra Facts: She's originally from Hinton, WV, she loves BTS and all things K-Pop, and she's an expert at streamlining healthful behaviors & creating systems & routines to support them!

In the Expo Hall

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Shalese Pugh, MS-MPH, RD, LD

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The Living Chronic Faith Podcast

New episodes on the first
Friday of each month
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and YouTube


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Keisha D Ballinger

 KDBministrybooking@Gmail.com

Mark
Your
Calendar

Living Chronic Faith presents

the 5th Annual

Hope Unlimited Virtual Conference

Unlimited...

Saturday, December 7, 2024

11am to 2pm EST

Save the Date

Living Chronic Faith would like to extend our thanks to:

Keynote Speakers

Dr. Harold Koenig
Dr. Lamar Hardwick
Dr. Ronya Green

Prayer Warriors

Dr. Milton Keys
Lisa Bailey
Ashlee Bellamy
Erin Love Manning
Shyla Beatty

Board Members

Dorothea Thatch
Alicia Sims
Stephanie Fields

Panelists

Shontel Jackson-Taylor
Bleu Lashell
Sierra Brown

Workshop Facilitators

Shalese Pugh
Tiffany Meyers
Maleeka Love

Consultant

Ishan Abraham

Graphic Design Support

Erin Love Manning

Our Vendors

And, of course, to all of our attendees!

Special Acknowledgement

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