

THE MELANATED

Wholistic Wellness Fair

FALL 2025 ITINERARY



AUDITORIUM

11:00AM

Food as Medicine
Preventing & Reversing
Type 2 Diabetes
Through Lifestyle
Dr. Giselle Blair

12:30PM

Oral Wellness for
Lifelong Vitality
Dr. Briana Brazile

2:00PM

Self Care Isn't Selfish:
Womb Wellness for
Melanated Women
Chelsey Brown

3:30PM

Herbal Allies for
Ancestral Veneration
*Khet Waas Hutip &
Barbara James-Payne*

5:30PM

The Intimacy Reboot:
Finding Safety, Pleasure,
and Presence Again
Dr. Zesarae Bodie

MEETING ROOM

11:00AM

Cultivating Entrepreneurial
Youth Through
Homeschooling
Tish Farmer-Anikulapo

12:15PM

Radical Rest 101:
Unlearning Grind Culture
for Healing
Dr. Sherronda Banks

2:30PM

Altar Work 101:
Honoring, Healing, and
Calling on Your
Ancestors
King Adonnis

4:30PM

Conscious Consumption:
Choosing What Feeds You
Marie "Dr. Soul"

5:30PM

Boosting Immunity
Through Herbs, Roots &
Tonics
Queen KJ

STUDIO

10:30AM

Kemetic Yoga
Sacred Movement &
Ancestral Flow
Black Silt Yoga®

1:00PM

Qi Gong Meditation
The Way of Breath &
Balance
Josh Waters

2:30PM

Healing Arts 101: Sound
Vibration & How Music
Restores the Mind + Body
Kings Treasure

4:15PM

Community in Harmony:
Co-Creating a Sound
Bath Together
Domoneicqua Williams

5:30PM

The Power of Shadow
Work: Releasing &
Reflecting
A Tribe Called SHE

DJ SETS

Mystro!!!

9:30AM-11AM

@HESTEMYSTRO

*Yung
Prophet*

11AM-2PM

@DJYUNGPROPHET

Meech!e

2PM-5PM

@MEECHAMILLI

A day of workshops, community healing, and plant-based nutrition open to all.

OCTOBER 18TH, 2025 | JOHNSON C. SMITH UNIVERSITY