

- **Relaxation and Stress Reduction for School-Related Anxiety (Test or Performance) by Jenna Hedglen-Smith, Psy.D. of Michelle Cutler, Ph.D.**

Dr. Jenna Hedglen-Smith is a post-doctoral fellow in clinical psychology at Michelle Cutler, PhD, and Associates. She specializes in working with children, adolescents and young adults experiencing stress, anxiety, depression and relationship or behavioral difficulties. Dr. Hedglen-Smith has worked with clients in a variety of settings, including community outpatient, private practice, therapeutic day school, psychiatric hospital and child-trauma outpatient settings. In addition, she has engaged in international trauma-awareness projects and trainings, including facilitating trainings for paraprofessionals working with children exposed to trauma in both Rwanda and South Africa, emphasizing the healing process through community supports and expressive therapies for children. Dr. Hedglen-Smith's overall therapeutic approach involves interventions related to insight, the mind-body connection and building resiliencies.

- **Dr. Jacob Smith**

Dr Jacob Smith Studied nutrition at Miami University then spent 2 years doing patient nutrition education through AmeriCorps on Chicago's west side. Completed medical school at Rush University and now a resident in the Northwestern University McGaw Family Medicine Residency located in Humboldt Park.

- **Lobes of the Brain and What They Do by Dr. Kirsten Moasio, PT, PhD.**

Dr. Kirsten Moasio is a professor of anatomy at Northwestern University Feinberg School of Medicine. She teaches first year medical and physical therapy students cadaver anatomy. She is involved in research which investigates knee osteoarthritis, specifically factors associated with progression of the disease.

- **Dance instruction from All About Dance.**

Lisa and Lola are the directors of the Recreational Dance Program at All About Dance. They both have ample experience teaching and performing dance, and are working together to bring the love of dance to children all over the Chicago area. Lisa received her BA in liberal arts with a concentration in dance in 2001, and began her professional performing career immediately after, touring nationally with various dance companies. She began teaching in 2005 in Los Angeles where she also became a certified fitness professional with ACE. Her career with AllAbout Dance began in 2008 when she moved back to Chicago and she has been teaching dance and dance fitness with them ever since. Lola has toured internationally with various Hip Hop groups and began teaching at All About Dance in 2013. Her hip hop career brought her all the way to China where she was in residence for 3 months dancing with an R&B artist. She is an expert in Hip hop dance and performance and is currently redefining and expanding the hip hop program at All About Dance.

- **Self-Compassion by Kristen Friedman, Psy.D of Michelle Cutler & Associates.**

Kristen Friedman, Psy.D: Kristen graduated from The Chicago School of Professional Psychology in 2017 and has joined the practice as a post-doctoral fellow. As a post-doctoral fellow, she will be operating under Dr. Cutler's supervision as she acquires her hours for licensure. Her clinical training has included work in therapeutic day schools, residential treatment, and community based outpatient clinics. In these settings, Kristen has worked with children, adolescents, and families with histories of trauma and neglect, youth and adult refugees of foreign conflict and torture survivors, and children and adolescents experiencing behavioral problems, emotional disturbances, depression, anxiety, and difficulties related to life stressors and adversities.

- **Bollywood Dancing by Bollywood Groove**

Ajanta Chakraborty is the Co-Founder of Bollywood Groove, a Bollywood Dance, Fitness & Education company in Chicago with 30+ classes/week. She is a dancer, fitness instructor and author. Ajanta has an MS in Computer Science from University of British Columbia and a Senior Diploma in Indian classical dance, Bharata Natyam. After working in Silicon Valley and Chicago as a technologist for 7 years, she left it all to pursue Bollywood Groove full-time. Her company, Bollywood Groove, has been featured on NBC, ABC, FOX News, Elle Magazine, WCIU, Neilsen Media, Chicago Sun Times and more. Three of their children's books have been Amazon bestsellers.

- **Disability and Exercise by Blythe Hiss**

Blythe Hiss has a Masters in Exercise Physiology from the University of Illinois at Chicago and is a Registered Clinical Exercise Physiologist through the American College of Sports Medicine. She worked at the National Center on Physical Activity and Disability at the University of Illinois at Chicago (now the National Center on Health, Physical Activity and Disability at the University of Alabama – Birmingham) from 2003 through 2011. NCHPAD (www.nchpad.org) is a non-profit, grant-funded resource center on health promotion for people with disabilities. While with NCHPAD, Blythe was involved in various projects including the filming of exercise videos for people with physical and intellectual disabilities, the creation of online programming designed to remotely support people with disabilities in pursuing healthful lifestyles, the assessment and consultation of accessibility within exercise and physical activity settings, as well as the education and training of exercise professionals in working with people with various disabilities. Though she no longer works in the disability field, her experience there continues to inspire and influence her in the way she approaches current endeavors in after-school physical activity programming, school wellness/fitness events, and sports coaching, as well as in life in general.

- **Presentation on the risks of sun exposure, the benefits of developing good sun protection habits as a teen, correct sunscreen application and re-application and the benefits of sun protective clothing by Natalie Theriault.**

Natalie Theriault is a nurse practitioner at Dermatology + Aesthetics. Dermatology + Aesthetics opened in July 2007 in Wicker Park, Chicago, IL under the name Dermatology & Aesthetics of Wicker Park. With both families residing within one mile of the practice, Drs. Keren and Meyer Horn and Dr. Neha Robinson founded the practice to provide dermatologic care to their neighborhood and community.

Their excellence in medical, surgical and cosmetic patient care resonated within the neighborhoods of Wicker Park, Bucktown, Lincoln Park, Ukrainian Village, Old Town, Gold Coast, the Loop, River North, River West, Humboldt Park, Logan Square, Ravenswood, and other surrounding neighborhoods. Due to

their expanding reputation, patient and physician referrals grew quickly. This led to the inevitable need for additional hours, physicians, and finally: a larger location to call home for their growing patient base.

A short eight years after opening their doors, Dermatology + Aesthetics relocated to the Elston Corridor neighborhood of Chicago. The practice expanded to a facility over 19,000 sqft in size to provide greater access for patients from an esteemed group of dermatologic professionals. Additionally, their skincare store skin1765 expanded within its new Elston practice to provide physician approved home care solutions for their clients, patients and community's daily skincare needs.

Drs. Meyer Horn, Keren Horn, and Robinson are continually grateful for the community's growing support of their team. Dermatology + Aesthetics looks forward to many more years helping all to achieve their skincare goals.