

# GO GIRL

GENUINE INTELLIGENT RESILIENT LEADERS

## empowerment summit

MARCH 7, 2025 • 9 A.M. - 1:30 P.M.

Opening speaker: Sara Frasch, Ph.D.,  
UNM UNM Hospital, Chief Human Resources Officer



### SESSION SCHEDULE

#### Balancing You, Me, and Us for a Healthy Relationship

BALLROOM A

Participants will understand the importance of maintaining balance between themselves and the other person (bestie, partner, etc.) in their lives. They will also learn the characteristics of a healthy relationship and how those characteristics can enhance their relationships overall.

9:15 - 10:15

10:15 - 11:15

11:15- 12:15

Group A

Group C

Group B

#### How Your Brain Senses the World

BALLROOM B

Ever wondered how your brain makes sense of sight, sound, taste, touch, and smell? You'll dive into the science behind it all, discovering how your brain decodes signals from your senses. You'll even learn how to trick your brain with some cool sensory experiments! Plus, explore how your senses team up to help you understand and navigate the world around you. It's time to put your brain to the test—are you ready?

Group B

Group A

Group C

#### Be Your Own Kind of Beautiful

BALLROOM C

While there are a ton of products on the market to help teens take better care of their skin and hair, many products do more harm than good. You'll learn how to take care of your hair and skin.

Group C

Group B

Group A

Closing Speaker: Rohini G Mckee MD, UNM Hospitals Chief Quality and Safety Officer

12:30 to 1:15 p.m.

Lunch, photos and a DJ!

GROUPS

**Group A** - Cleveland, McKinley, Ernie Pyle, Garfield, John Adams.  
**Group B** - Grant, Van Buren, Wilson, Jimmy Carter, Jefferson. Aims  
**Group C** - Harrison, Polk, James Monroe, Washington. Cien Aguas

**NM** HOSPITAL

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of New Mexico

# SPEAKERS | 2025

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## **Maria "Maribel" Garza** **ENLACE Comunitario**

Maria "Maribel" Garza is Enlace Comunitario's (EC) Associate Director of Prevention & Outreach. Maribel has been with EC for over 15 years and coordinated both of EC's intergenerational leadership programs, starting with the Youth Leaders. Youth Leaders trains teens (13-17), the majority of whom were former child witnesses or survivors of domestic violence (DV), to become peer educators-to mitigate DV-affiliated behaviors in youth. The Youth Leaders and program have grown markedly during Maribel's time with EC, with hundreds of Youth Leaders trained and deployed into the community. This past year, Maribel oversaw the expansion of our prevention team and programs into five area schools through the provision of our two prevention classes: Incredible Years Parenting Class and Healthy Relationships Class- the latter of which has a Teen Healthy Relationships corollary, which the team successfully piloted in the summer of 2024.



## **Dr. Nikki Maphis** **(seen here wearing a crochet brain hat!)**

Dr. Maphis obtained her bachelor's degree from Miami University of Ohio before gaining professional experience at the Cleveland Clinic and the University of New Mexico. She subsequently earned her PhD in Biomedical Sciences with a concentration in Neurosciences, as well as a certificate in Professional Sciences Management, from the University of New Mexico's Biomedical Sciences Graduate Program. Currently, she serves as a postdoctoral fellow in the Department of Neurosciences at UNM, where she is using state-of-the-art tools to uncover how neurons fire in response to alcohol and if this could increase risk for development of Alzheimer's disease and other dementias. In her free time, she enjoys hiking, climbing, listening to live music, and playing with her dogs.

# Be Your Own Kind of Beautiful

## PRESENTERS:

### **Nina Farrow**

Nina Farrow Hair Studio

### **Danielle Bridges**

Makeup Stylist

### **Adilene Delgado**

Esthetician

Nene Bear Lashes & Beauty

### **Janelle Solis**

Southwest Rootz

### **Tyanna Griego**

Southwest Rootz

### **Rebecca Garcia**

Esthetician

Southwest Rootz