

OUR EVENT SPEAKERS



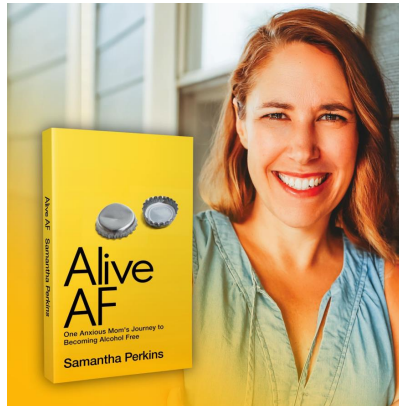
classpass

sa•na



FIRST CLASS
COMMERCIAL CLEANING

unplug
meditation



Drink First®
THEN POUR

BY ANY MEANS
FITNESS

JAZZERCISE®

JOHN DISSELKAMP

Owner & President
First Class Commercial Cleaning

First Class Commercial Cleaning was started by John Disselkamp, a native Louisvillian and former career banker. John observed the lack of quality cleaning and attention to detail through the years working in various professional office environments. This inspired him to start First Class. John believes that in a fairly simple industry, sheer hard work, dependability, and attention to detail is what separates First Class Commercial Cleaning from the rest of the field. John and his employees promise quality and service!



Contact Us
10001 Taylorsville
Rpad. Suite A
Louisville, KY 40299

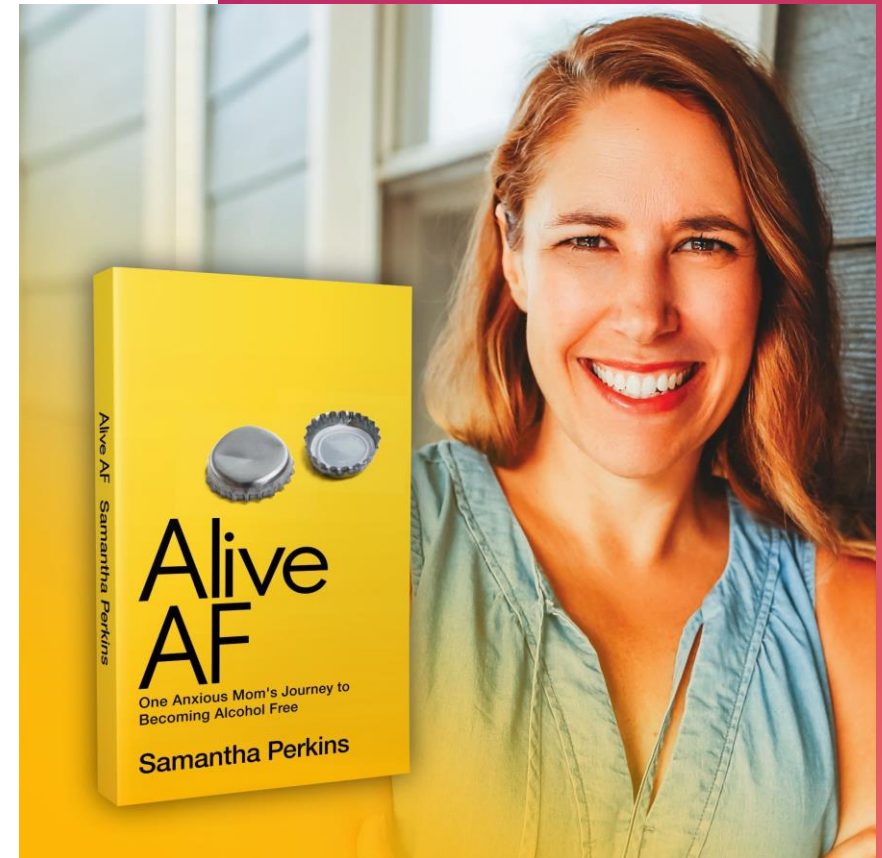
502.475.4809

SAMANTHA PERKINS

Author / Speaker

Samantha Perkins is the author of, *Alive AF-One Anxious Mom's Journey to Becoming Alcohol Free*. Samantha is passionate about sharing her anxiety remedies and universal truths she has discovered about living without alcohol. She is especially interested in uncovering the ubiquitous role that alcohol plays in our everyday lives — in everything from parenting, mental health, relationships and career choices.

<https://www.spaliveaf.com/>



JON'A JOINER

DEI Consultant / Speaker / Wellness Coach

Jon'a is the founder of Drink First Then Pour®, a self-love activation community for high achieving women, and was recently featured as a wellness expert in *Parents Magazine*.

Jon'a spends much of her time engaging and educating leaders on the intersectionality of equity, inclusion, mental health, and employee wellbeing.

Drink First[®]
THEN POUR

Contact Jon'a at:
<https://www.jonajoiner.com/>

AMY HARRISON

Move your body with Jazzercise!

For ten years this dance party workout (blended with Pilates, yoga, HIIT, & kickboxing) has become my FAVORITE hobby & part-time job! Taking care of 3 teenage boys keeps me on the run and needing stress relief (driveR's ed., anyone?)

One 55-minute session can burn up to 800 calories. The results? Long, lean muscles and an undeniable mental boost. Get up out of your chair, turn up your speakers, and LET'S GET MOVING!



<https://www.jazzercise.de/location/jazzercise-louisville-east-fitness-center>

JORDAN PARKER MEANS



Co-Owner/Nutritionist, PN1- By Any Means Fitness

By Any Means Fitness is a private personal training studio that specializes in helping clients reach their desired goals. To complement our personal training, we also develop customized meal plans and provide nutrition coaching services. Through innovative and dynamic techniques, we encourage, motivate and teach our clients to eliminate excuses and take control of their fitness journey.

byanymeansfitness.com/



HEATHER WATKINS

YOGA

Meet Heather Watkins a certified 200 hour Registered Yoga Teacher and Usui Reiki Master. Heather began her yoga practice in Kentucky at the University of Louisville with Judy Rice in 1999. She practiced in a corporate setting for ten years. It was this practice that inspired her to explore the path of a yoga teacher.

hwatkinsh@twc.com



sa•na

INSURANCE
SPONSOR

RAEGAN LOSTON MEDITATION

After years of practicing Breathwork as a student, she began training with author, teacher, healer, and Breathwork practitioner, David Elliott. Having completed David's Healer Training Program, Raegan is ready to hold space for you so you may heal old wounds, move stuck energy, and connect with your most authentic self using the power of your breath.

Anyone who would like to book Raegan for a future session should go directly to their studio manager (details below). I've also included the Unplug website should you wish to post as well.

Unplug Meditation: <https://www.unplug.com>

Contact Information:

Claire Clark: Studio Manager

Email: claire@unplug.com

Phone: 847-987-3672

