



27<sup>th</sup> Annual  
**Healthy Aging  
Conference**

**April 18, 2024**

**8:00am-12:30pm**

**King of Glory Lutheran Church  
4897 Longhill Rd, Williamsburg**

*Live Well,  
Age Well!*

**Free & Open to the Public**

# Keynote Speaker

## Amber Price

DNP, CNM, NP, RN

Division President, Sentara Williamsburg Regional Medical Center  
Lead, Sentara Women's Health High Performance Team

Dr. Amber Price received a Bachelor in Behavioral Science from the University of Maryland, followed by a Bachelor of Science in Nursing from Old Dominion University. She completed a Master of Nursing in Midwifery, and a post-Masters Certificate in Global Women's Health at the University of Cincinnati. She received her Executive Doctorate from The Johns Hopkins University, with a research focus on Change Leadership.



She served as President of the American College of Nurse-Midwives in Virginia, and in 2017 won the Monarch Award for Innovation in Nursing. She was named one of 100 "CEOs To Know" by Becker's Healthcare in 2022 and 2023. She was named a Women's Health Global Topic Expert by the BBC and is a Consultant for GE on Global Health and Innovation. In 2020, she was named a 'Woman to Watch' by Nashville Medical News and is a regular speaker and International Keynote and Plenary on Women in Leadership, as well as on Trauma in Healthcare Providers, Patient Experience, Inclusion, Diversity, and Equity in Healthcare. She has been featured in several documentaries, films, and podcasts, and has published numerous articles and book chapters. Most recently recognized as one of the Top 25 Female Disruptors by CoVaBiz.

Prior to joining Sentara, she was the COO at HCA's flagship facility in Nashville TN, and served as the administrator for the Women's Hospital at Henrico Doctors' in Richmond VA. She serves as a mentor for first generation female students for the Women's Initiative Network at Old Dominion University.

### Special Thanks to the 2023 Planning Committee:

**AARP:** Bobby Horne, **Olde Towne Medical & Dental Center:** Michelle Williams,  
**Peninsula Agency on Aging:** Diane Hartley, Randi Keese, **Riverside - Martha W. Goodson Center:** Kim Kutner, **York County Parks and Recreation:** Minnie Sippio,  
**Volunteers:** Elaine Swartz, Lois Polifka



8:00am - 9:00am  
REGISTRATION, BREAKFAST & EXHIBITORS

*Welcome*

Presented by Minnie Sippio, Conference Co-Chair

*Keynote Address*

Presented by Dr. Amber Price, "Innovative Care Models for the Aging"

**SESSION 1: "Support Your MIND with Nutrition"**

Presented by Kristina Tribley, Clinical Dietitian, Sentara Williamsburg

*~ Break ~*

**AARP UPDATE** Presented by Joyce Williams, AARP Virginia State President

**SESSION 2: "Using the Ancient Arts as You Age: Yoga and Tai Chi"**

Presented by Neha Parikh, Peninsula Agency on Aging Tai Chi and Yoga Instructor

**SESSION 3: "The Benefits of Stretching: Maintaining Your Flexibility as You Age"**

Presented by Stretch Lab

**SESSION 4: "Healthy Brain and Body"**

Presented by Rachel Coney, Brain Health Coordinator, Virginia Department of Health

*Closing & Door Prizes*

Register Online, Email or via Phone by April 15<sup>th</sup>



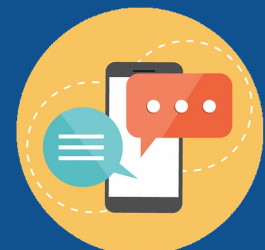
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**EMAIL:** [parksandrec@yorkcounty.gov](mailto:parksandrec@yorkcounty.gov)  
Include Name, Address, Phone and Email



**PHONE:** (757) 890-3500






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Peninsula Agency on Aging  
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