

**Men's Full-Life Fitness Summit**  
**Saturday September 27, 2025 7a-4:30p**

**Event Schedule**

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**7:00 AM – 8:00 AM**

**Registration & Breakfast**

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**8:00 AM – 9:30 AM | Plenary Session: Opening Remarks & Full-Life of Men**

Location: Ballroom

**8:00 – 8:05 AM | Welcome – Dr. Randy Vince**

**8:05 – 8:30 AM | Panel Discussion – Full-Life Fitness in Cleveland: The Men's Report**

*Topic: Current State of Men's health in Cleveland*

*Panelists: Blaine Griffin, Dr. Roderick Harris, Dr. David Margolius*

*Moderator: Dr. Randy Vince*

**8:30 – 8:50 AM | HeartStrong: The Power of Protecting Your Heart and Everything In It**

*Topic: The importance of taking care of your health from a personal experience*

*Speaker: Sam Prewitt*

**8:50 – 9:10 | The Power of Brotherhood**

*Topic: The Importance of relationships and community*

*Speaker: Anthony Brown*

**9:10 – 9:30 | As a Man Thinketh**

*Topic: A reflective session on mental, spiritual, and emotional transformation*

*Speaker: Pastor Kyle Earley*

**9:30 AM – 9:45 AM Break**

**9:45 AM – 10:30 AM | Concurrent Breakout Sessions**

Brandon Heisler - *Picking Up the Pieces*

Dr. Lamar Hunter – Strong Spine, Strong Life: Unlocking Energy, Mobility, and Longevity

Marvin Montgomery Sr - *The Power of Attitude*

Faizah Rahman - From Reflection to Joy: A Men's Wellness Experience

Chef Tynsia Roubideaux (Food with Purpose) - Beyond the Plate: Men's Nutrition for Heart, Cancer & Mental Health

Seneca Block – UH Expressive Therapies

Hospice of Western Reserve - Make Healthcare & End-of-Life Choices Easier

9:00 AM – 1:00 PM Legal Clinic - The Cuyahoga County Public Defender Office

**10:30 AM – 10:45 AM Break**

**10:45 AM – 12:00 PM | Plenary Session: Financial Wellness & Career Success**

**10:45 – 11:00 AM | Wealth with Purpose: Shaping Your Financial Legacy**

*Topic: Financial wellness*

*Speaker: LaRese Purnell*

**11:00 – 11:25 AM | Panel Discussion – From Vision to Venture:  
Conversations in Entrepreneurship**

*Entrepreneurship & Business Development*

*Panelists: Pastor Larry Macon, Kevin Johnson & Shakorie Davis*

*Moderator: Lorne Novick*

**11:25 – 11:45 AM | When Keeping It Real Goes Wrong: Navigating  
Authenticity in Your Career to Preserve Your Mental Health**

*Topic: Authentic self/imposter syndrome – career focused*

*Speaker: Anthony Scott, Esq*

**11:45 – 12:00 PM | Men's Health Includes Legacy: Protecting Your Family  
Through Estate Planning**

*Topic: Legacy Planning – Generational wealth*

*Speaker: Carmen Scott, Esq*

**12:00 PM – 1:00 PM Lunch**

**1:00 PM – 2:30 PM IPlenary Session: Keynotes - Relationships & Parenthood**

**1:00 – 1:10 PM** | Welcome Back & Participant Engagement Activity

**1:10 – 1:25 PM | Stronger Together: Thriving in Healthy Relationships**

*Topic: Fostering Healthy Romantic Relationships*

*Speakers: Dr. R.A. Vernon and Dr. Victory Vernon*

**1:25– 1:50 PM | Panel Discussion The Power of Partnership: Supporting Women’s Health, Strengthening Relationships**

*Topic: Partnering Through the Female Lens (Pregnancy, Parenting, Menopause, etc.) -*

*Panelists: Jazmin Long, Dr. Sally MacPhedran*

*Moderator: Celina Cunanan*

**1:50 – 2:10 PM | Father’s Are Indispensable; Rebooting Relationships With Sons and Daughters**

*Topic: Father relationship with children*

*Speaker: Pastor Walter Ratcliffe*

**2:10 – 2:25 PM | Better Conversations, Stronger Relationships**

*Topic: Effective Communication*

*Speaker: Ronnie Holman*

**2:25– 2:40 PM | The Law of Wellness**

*Topic: How I incorporate wellness as a Judge to the people who come before me and my staff; Why wellness is important to every professional; How the lack of wellness can derail your entire life; Provide tools for immediate self-regulation.*

*Speaker: Judge Dawson*

**2:35 PM – 2:45 PM Break**

**2:45 PM – 3:30 PM Concurrent Breakout Sessions**

Tayana Williams - Digital Health: MyChart 101

Gregory Hall, MD - Why “An Ounce of Prevention Is Worth a Pound of Cure”:  
Simple Steps to a Longer and Healthier Life

Omar Campbell (Limitless Chances) - Stronger Men, Stronger Lives: Full-Life  
Fitness for Mind & Body

Faizah Rahman - From Reflection to Joy: A Men’s Wellness Experience

Chef Tynsia Roubideaux (Food with Purpose) - Beyond the Plate: Men’s Nutrition  
for Heart, Cancer & Mental Health

Seneca Block – UH Expressive Therapies

Hospice of Western Reserve - Make Healthcare & End-of-Life Choices Easier

3:00 – 3:30 PM | Exhibit Hall | The Tribe of Eli Wellness Circle

**3:30 PM – 3:45 PM**

**Break**

**3:45 PM – 4:30 PM**

**Plenary Session: Call to Action & Closing Remarks**

**3:45 – 3:55 | Video**

Speaker: Mayor Bibb

**3:55 – 4:15 | The Power of We: Men Leading with Purpose**

*Topic:* Community Action & Men’s Involvement

*Speaker:* Robert Solomon, Esq

**4:15– 4:30 PM | Key takeaways and closing remarks**

*Speaker:* Dr. Randy Vince

**Emcee – Peter Lawson Jones**