

Speaking Services

I bring extensive experience in presenting public health content and facilitating meaningful discussions across diverse audiences. My background includes leading small and large group classes, serving as a panelist for organizational events, and delivering both virtual and in-person education. I am passionate about elevating topics that deserve greater visibility—particularly in maternal and child health, sexual and reproductive health, parenting, childbirth, and health-promoting behaviors. My speaking work centers on delivering clear, evidence-based, culturally responsive education that engages communities and drives awareness. Spreading awareness to those topics that deserve a spotlight is something I am passionate about. Provided keynote speaking opportunities I have participated in, facilitated or taught include: childbirth classes, parenting classes, black maternal health forums (DeliverBirthJustice, etc.), sexual and reproductive health, cooking for health classes, and both held in person and virtual.

Key Topic Areas

1. Maternal, infant, and child health
2. Early Parenting and Parenting Support
3. Childbirth and Postpartum
4. Breastfeeding and Lactation
5. Black/African American Health Disparities
6. Special Populations (Disinvested Communities, Disparities, & More)
7. Health Behavior, Health Education, and Health Promotion
8. Health Advocacy

