

A large, stylized floral graphic with five petals in shades of orange and yellow, set against a light blue wave-like background. The text "Women's Wellness Breakfast" is overlaid on the graphic in a purple, serif font.

Women's Wellness  
*Breakfast*

*The Hats She Wears*  
The Cost of Doing it All

2026  
Speaker Biographies

# Dr. Perla Del Pino, DO

## Memorial Primary Care

Dr. Perla Del Pino, Vice Chief, is a primary care physician at Memorial Healthcare System. She cares for patients with a broad array of medical conditions including hypertension, diabetes, high cholesterol, thyroid conditions, mental health conditions and more. She also specializes in women's health and provides annual wellness exams, breast exams and Pap smears, as well as other preventive visits.

Dr. Del Pino says, "Neither of my parents went to a doctor on a regular basis for checkups or any type of screening. They only saw the doctor when they had a symptom or felt ill, which for many people is too late. My difficult experience with family illnesses inspired me to become a family physician and promote healthy lifestyles while educating patients on the importance of preventive medicine and the benefits of having a trusted family doctor."

She enjoys being the first contact for most patients and being proactive through genuine communication, education and early diagnosis. "It's a joy to collaborate with patients to create health plans and celebrate with them as they achieve their personal health goals", states Dr. Del Pino.



# Christine Estepa-Sardina Memorial Hospital Miramar

Christine Estepa-Sardina is a healthcare leader with over two decades of experience in diagnostic imaging and clinical operations. Currently the Imaging Manager at Memorial Hospital Miramar, she has led large multidisciplinary teams, championed patient-centered care, and driven innovation through technology and teamwork.

Known for her energetic and authentic leadership style, Christine is passionate about developing others and making a positive impact in her community, empowering women to lead with confidence, compassion, and purpose, even before they feel ready.



# Dr. Ninoutchka Dejean

## South Florida Gynecology

Dr. Ninoutchka Dejean is a board-certified gynecologist and women's health specialist dedicated to supporting women through every stage of life, with a particular focus on menopause care, preventive wellness, and compassionate patient-centered treatment. With more than 20 years of experience serving South Florida, she is known for combining advanced gynecologic care with a warm, personalized approach that helps patients feel heard, informed, and empowered in their healthcare journey.

A graduate of the University of Florida College of Medicine, Dr. Dejean completed her residency in Obstetrics and Gynecology at Westchester Medical Center and is certified by the American Board of Obstetrics and Gynecology. She provides comprehensive gynecologic care through South Florida Gynecology & Women's Health, where she specializes in menopause management, abnormal bleeding, fibroid treatment, minimally invasive office procedures, and preventive women's healthcare.

A two-time recipient of Pembroke Pines' Best Women's Health Provider award (2025 & 2026), Dr. Dejean is also recognized for her commitment to education, advocacy, and community engagement. She regularly promotes awareness around women's health issues, breast cancer prevention, and wellness initiatives while empowering women to take an active role in their long-term health and wellbeing.



**Gynecology & Women's Health**

# Sarah Franco

## Memorial Hospital Miramar

Sarah Franco MS, RDN, LDN, is a Clinical Dietitian at Memorial Hospital Miramar. She earned her Master of Science degree in Nutrition and completed her dietetic internship through Nova Southeastern University, with the majority of her clinical training completed within the Memorial Healthcare System.

In her current role, Sarah works closely with patients in both acute care and intensive care settings, providing medical nutrition therapy and education for a range of conditions including diabetes, heart disease, and kidney disease.

She focuses on helping individuals understand how nutrition impacts their overall health and long-term disease prevention, particularly in the context of busy, demanding lifestyles.



# Roslyn Rice

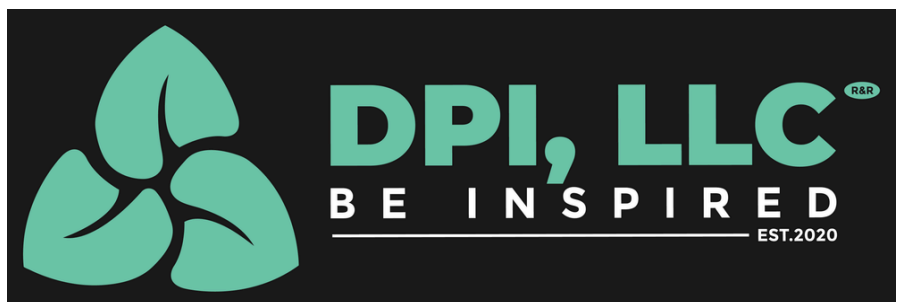
## DPI2

Roslyn Rice is a seasoned & award winning business consultant, best selling author and speaker with over 30 years of experience in retail and leadership. As Co-Founder of DPI LLC, a consulting firm, she has guided entrepreneurs and organizations through scaling operations, building high-performing teams, and creating sustainable growth strategies. Drawing from her extensive retail background, Roslyn brings a unique perspective on customer experience and leadership development that resonates with businesses.

An engaging storyteller on stage, Roslyn has spoken at national conferences and leadership forums equipping audiences with actionable insights that inspire real results.

As an author, Roslyn shares unspoken truths about business ownership, blending practical strategies with candid reflections to help leaders thrive in complex markets. Her new #1 top release on Amazon is entitled, What's Next.

She is a lead consultant at FIU College of Business with the SBDC (Small Business Development Center), Past President of NAWBO (National Association of Women Business Owners), Goldman Sachs Black in Business graduate and member of Miramar Pembroke Pines Regional Chamber of Commerce.



# Dr. Ibis Brito

## Dr. Brito & Associates

Dr. Ibis Brito is a Licensed Mental Health Psychotherapist and Doctor of Clinical Psychology based in Florida, known for her transformative work helping individuals reclaim their power, peace, and identity.

As a Stage IV lymphoma and heart-failure survivor, Dr. Brito brings a rare depth of empathy and resilience to her practice—guiding others not just through clinical expertise, but through lived experience.

She is the founder of a thriving private practice, offers in-person and virtual therapy, and leads meditations, workshops, transformational retreats, and wellness events. Her mission is to help people heal, rise, and live with authenticity, purpose, and emotional freedom.



# Dr. Vandhana Kiswani-Barley

## Thrive Rx

Dr. Vandhana Kiswani-Barley brings more than 15 years of clinical and executive leadership experience across diverse healthcare settings.

As Founder and Medical Director of Thrive Rx, her physician-led, direct-pay telehealth practice, Dr. Kiswani-Barley offers comprehensive primary care, advanced metabolic and weight management, and hormone optimization with a focus on root-cause healing and long-term well-being.

She is known for her ability to bridge high-level leadership with compassionate, patient-centered care. Whether building systems or sitting one-on-one with a patient, her mission remains the same: to optimize health, elevate lives, and empower individuals - especially women - to thrive.



**Thrive Rx LLC**

# Dr. Venessa Walker Walker Chiropractic

Dr. Venessa Walker, affectionately known as “Dr. V,” is a Chiropractic Physician, wellness advocate, entrepreneur, and community leader dedicated to helping individuals achieve healthier lives. As the founder of Walker Chiropractic and Wellness Center, she has spent more than 19 years providing holistic chiropractic care specializing in sports injuries, personal injury, and prenatal care. She is also the creator of MyHolBody, a wellness brand focused on vitamins, supplements, and immune support products.

A graduate of the University of South Florida and Palmer College of Chiropractic, Dr. Walker is passionate about empowering others through education and wellness. She co-authored *Getting Well: Mind, Body, and Spirit* and travels internationally with her Transform YOUR Life program, inspiring people to prioritize their health and personal growth. She also serves in leadership roles with several community and professional organizations, including the Broward County Chiropractic Society and the Owen Walker Jr. Foundation. Her work has earned numerous recognitions, including Best Chiropractor in Miramar for seven consecutive years, the USF Fast 56 Award, and the Inc. 5000 Regional Award. Passionate about mentorship and community impact, Dr. Walker continues to guide and support aspiring female healthcare entrepreneurs while advancing wellness in her community and beyond.



**Walker**  
CHIROPRACTIC  
AND WELLNESS CENTER

# Neki Mohan

## Visit Lauderdale

A long-time resident of Broward County, Neki Mohan serves as Vice President of Business Development & Community Engagement for Visit Lauderdale. Born in New York and raised in Trinidad & Tobago, Neki's career path has taken her from Washington, D.C. to Mississippi, Los Angeles, and Cleveland before she made South Florida her home. She is a passionate advocate for showcasing the vibrancy of her community and creating opportunities that uplift everyone.

A journalist for decades, Neki built a reputation for energetic, impactful storytelling and earned numerous awards for her reporting both locally and internationally. In 2020, she stepped away from news to launch her own media and consulting company, continuing her commitment to spotlighting the people and places she loves across South Florida and the Caribbean.

Her community involvement spans the arts, education, and youth development. She has served on the Arts in Action advisory board at the Broward Center for the Performing Arts and was recognized by Legacy Magazine as one of South Florida's top Caribbean Influencers. For more than 20 years, Neki has mentored young women through the Women of Tomorrow program, where she also serves on the scholarship board. She has been an adjunct professor at Barry University and is a former board member of the Jack and Jill Early Childhood Education Center in Fort Lauderdale.



# Lynn Corning

## Corning Insurance Solutions

Lynn Corning is the founder and owner of Corning Insurance Solutions, a South Florida-based commercial insurance agency specializing in coverage solutions for contractors and construction companies. Originally from Maine, Lynn graduated from Lewiston High School in 1978 before earning her degree from Rhode Island College in 1982. She began her insurance career while still in college, working part-time with Starkweather & Shepley, where she developed the foundation for her decades-long career in the industry.

After relocating to Florida, Lynn obtained her insurance agent's license and built extensive experience working as a Commercial Producer for several insurance firms. Motivated by a desire to break beyond traditional support roles and create a business built on expertise, relationships, and personalized service, she launched Corning Insurance Solutions in 2022. Since then, the agency has grown successfully, earning a reputation for serving large contractors specializing in bridge and road construction, repair, and infrastructure projects.

Known for her professionalism, determination, and industry knowledge, Lynn is passionate about helping businesses protect their operations with tailored commercial insurance strategies. Through her work, she continues to build strong partnerships throughout the South Florida business and construction communities.



**CORNING**  
INSURANCE SOLUTIONS

# Amalia Torres

## David Scott Law

Amalia Torres is a bilingual family law paralegal at David Scott Law, where she supports clients through complex and often emotional legal matters with clarity, efficiency, and care. Working closely with attorneys, she brings both precision and a human-centered approach to the legal process.

Beyond her legal work, she is deeply committed to women's wellness and empowerment. As a mother, professional, and active member of the Weston community, Amalia understands the connection between personal well-being and life's most pivotal transitions. She is passionate about creating spaces for intentional connection and growth among women.

Amalia approaches wellness not as a luxury, but as a foundation—especially for women navigating change.



# Dr. Esther Ozeryansky

## Memorial Healthcare

Dr. Esther Ozeryansky is a breast surgical oncologist at Memorial Healthcare System. She cares for patients with breast cancer, benign and malignant tumors, atypical hyperplasia, and other surgical diseases of the breast.

Breast disease is a constantly evolving field, and it keeps her on her toes. She was drawn to this specialty because it allows her to combine technical surgical expertise with meaningful, long-term relationships with her patients. She enjoys staying current on new developments and continually refining her skills and surgical techniques.

Dr. Ozeryansky believes every patient deserves an individualized approach to care, and she considers it both her responsibility and privilege to help make that journey as smooth as possible. She is especially passionate about helping patients understand their diagnoses and treatment options so they can regain a sense of control and confidence during what is often an overwhelming and stressful time.

Prior to joining Memorial, she served as Medical Director of the Palms West Breast Surgery Program, as well as Surgical Breast Program Director and Chair of the Cancer Committee at Houston Methodist Baytown (San Jacinto) Hospital.



# Ashley Franco

## Om Grace Ayurveda

Ashley is a holistic wellness practitioner and the founder of Om Grace Ayurveda, a wellness clinic in Miramar, offering Ayurvedic consultations, yoga, bodywork, retreats, workshops, and herbal products.

A South Florida native and former collegiate basketball player, she earned her degree in Business Administration from Florida International University before pursuing advanced studies in yoga, Ayurveda, massage therapy, and holistic healing.

Her training includes extensive study under renowned teachers such as Shri Yogi Hari and Ayurvedic physician Dr. Vasant Lad. In 2023, she completed a four-year Ayurvedic Doctorate program at The Ayurvedic Institute, including clinical and Panchakarma training in Pune, India. Ashley is also the visionary behind Soma Sip, a wellness beverage line featuring Ayurvedic-inspired chai and cold-pressed juices. Through her work, she combines ancient healing traditions with modern wellness practices, offering experiences rooted in education, service, and community connection.

