

Healing

Evolving

Resolving

Self

A Night of
Empowerment

11.4.16
6pm

The Dream Center
205 W.119th St. NYC





**HOW YOU
GONNA WIN
IF YOU AIN'T
RIGHT WITHIN?
- LAURYN HILL
(DOO WOP/
THAT THING)**

WHAT IS THE EVENT?

H.E.R.S., *Healing Evolving Resolving Self*, is an original event curated by a group of women as a part of The Dream Center Harlem and TDF's Create New York program. The H.E.R.S event was inspired by our group's dialogue stimulated by theatrical events throughout the year. The event is focusing on female empowerment through four specific lenses; **Health and Wellness, Self-Image, Self-Love, and Sexuality**. These lenses are being explored through the performing arts, multi-media production, interactive themed workshops led by experts in the field, the opportunity to purchase naturally made products, and to develop relationships with people in the Harlem community who share the same value system.

WHAT IS CREATE NEW YORK: BUILDING COMMUNITY THROUGH THE ARTS?

A partnership program between TDF and community centers across NYC, like The Dream Center Harlem, that engages teams of adults from the community centers by using the arts as a way to promote change in oneself, one's neighborhood, and, ultimately, one's city. Together we aspire to increase cultural participation in live performance through the development of community ambassadors and cultural architects who, by serving as leaders and influencers, will create sustainable audiences for live performance throughout New York City. At each year's end, participants create a community-based project inspired by their cultural experiences that benefits their neighborhood at large. The H.E.R.S event was inspired by our artistic journey as a team.

Follow us on Instagram [@createnewyork](#)

WHAT IS THIS?

Our event, focusing on female empowerment through **Health and Wellness, Self-Image, Self-Love, and Sexuality**, took place in Harlem. To that end we have put together a booklet containing information on the vendors and entertainers at our event. We also have on contact information on Harlem-based and/or women-owned businesses.

Good & Services

Babeland

www.babeland.com

(866) 525-1439

Multiple locations in New York

Claire Cavanah and Rachel Venning opened the first Babeland store in 1993 in response to the lack of women-friendly sex shops in Seattle. The store offers top quality products, a pleasant place to shop, and most of all information and encouragement to people — men and women — who want to explore their sexuality.

Bed of Nails Nail Bar

www.bedofnailsnyc.com

info@bedofnailsnyc.com

(212) 694-2200

2272 Adam Clayton Powell Jr Blvd

Bed of Nails is an unconventional nail salon. Experienced and licensed technicians provide a salon experience for women and men who want quality service.

Berley's

www.etsy.com/shop/BERLEYS

berleysnatural.skincare@gmail.com

BERLEY'S is an all-natural luxury skincare line of moisturizing body scrubs and skin care essentials created by three generations of Wright Family women in Richmond, Virginia. BERLEY'S uses high quality essential oils and a specific recipe of skin care treatments to reveal the best parts of your skin.

Bikram Yoga East Harlem

bikramyogaharlem.com

info@bikramyogaharlem.com

(212) 369-1830

4 East 116th Street, 2nd Fl

Bikram yoga is a series made up of 26 poses and two breathing exercises. A variety of classes are offered Sunday thru Saturday.

Born In Brooklyn Skincare

**www.borninbrooklynskinicare.com
borninbrooklyn@gmail.com
(267) 258-2472**

Aromatherapy body and face scrubs, dead sea salt bath soak, facial masks and lip balms.

Candice's Food for the Soul Truck **New York, NY**

Candice's Food for the Soul food truck, is a new up and coming soul food truck coming to your borough with fast, tasty good, southern style soul food. Candice's serves soul food faves including collard greens, macaroni and cheese, fried chicken, fried fish, potato salad, peach cobbler.

Cupcake Queen Raven **Instagram: @CupcakeQueenRaven** **Cupcakequeenraven@gmail.com** **(646) 981-5040**

Cupcake Queen Raven is a custom cake, cupcake and dessert artist.

The Décor Life **www.facebook.com/TheDecorLife**

A New York City-based decor company specializing in soy candles, room sprays, throw pillows and more. All products are handmade and one of a kind.

The Essential Hustle **www.mydoterra.com/theessentialhustle**

The Essential Hustle is radical self-care for busy women. Fearless tools, tips, takeaways and essential oils for women who run the world. Slay your dreams. Stay in the game. Don't just survive the hustle. THRIVE.

Fracassi Lashes **www.FracassiLashes.com** **(212) 678-LASH** **2166 Frederick Douglass Blvd.,**

Licensed estheticians and cosmologist offer such services as waxing and lash extension, and even makeup application lessons.

Gadson Gallery **www.gadsongallery.com** **(212) 694-0262** **225 W 134th Street, New York, NY**

An array of wearable art including hats, jewelry and sweaters.

Harlem Brewing Company **www.harlembrewing.com** **www.harlemcider.com** **(844) LUV-BEER**

Harlem Brewing Company was founded by Celeste Beatty in Harlem. It brews Sugar Hill Golden Ale, Harlem Renaissance Wit and Strawberry Hard Cider.

Harlem Cycle Fitness Studio **harlem-cycle.com** **(646) 404-2891** **2350 Adam Clayton Powell Jr Blvd**

Harlem Cycle has a variety of bicycle

based fitness classes.

Harlem Skin & Laser Clinic

www.harlemskinclinic.com

(917) 309-6607

2119 Frederick Douglass Blvd

Harlem Skin Clinic offers an array of services including facials, laser treatments, peels and waxing for women and men.

Kathleen Dominy

KathleenDominy@yahoo.com

(631) 416-6368

Kathleen Dominy is a massage therapist who provides medical massage therapy and in home spa parties.

La Fleur d'Harlem

www.lafleunyc.com

(646) 850-5973

203 W. 144th Street

La Fleur d'Harlem is a florist specializing in creative seasonal flower arrangements, plants and bouquets for intimate occasions, corporate events and weddings as well as landscaping and design of urban terraces.

Lacquer Room

www.lacquerroom.nyc

lacquerroomny@gmail.com

(718) 665-6245

124A Saint Ann's Avenue Bronx, New York

Lacquer Room is a nail salon specializing in manicures, pedicures, nail enhancements,

makeup application and eyebrow sculpting.

MWR Collection

www.mwrcollection.com

Designer Mia Wright-Ross fashions unisex handmade leather bags, wallets and accessories for the MWR Collection.

The Nail Suite

www.facebook.com/TheNailSuitebyLisaLogan

nailsuitersvp@gmail.com

(646) 238-8642

2388 Adam Clayton Powell Jr., Blvd

The Nail Suite by Lisa Logan is a boutique nail salon located in Harlem. It specializes in natural nail care and offers full service manicures and pedicure, as well as gel polish manicures, and gel enhancements.

The Noble Touch

thenobletouch.com

info@thenobletouch.com

(877) 493-9433 ext 700

Personal development coaching, healing or workshops/trainings.

Plantogram

vicky@plantogram.com

Plant-O-Grams are unlike flowers or fruit baskets or practically any other gifts. Plant-O-Grams are unique in that they last longer than a lifetime.

Polished Fingertips

www.polishedfingertips.com

(212) 222-4466

2198 Frederick Douglass Blvd

Manicures, gel manicures and pedicures at Harlem nail salon.

raf crafts

www.etsy.com/shop/rafcrafts

rafcraftsstaff@gmail.com or via Etsy

Mount Vernon, New York

Michelle Bedford's workshop produces raf crafts. raf crafts currently specializes in a myriad of "random as f#%" crafts, including handmade mirror mosaics, motivational crystal mobiles, and hand-painted geometric earrings. Note: products can and will change depending on the direction the random wind blows.

Sarah Mitchel

www.wholewomanblog.com

Photographer and writer of Whole Woman Blog, which explore what it means to live a whole and healthy lifestyle — mind(-fulness), body and soul.

Sherry Shine-Fine Art

www.facebook.com/Sherry-Shine-Fine-Art

shine_art1@yahoo.com

Sherry Shine is a fiber artist, specializing in hand-cut, stitched, fused and hand-painted quilts. She received formal training at the Fashion Institute of Technology. Shine has

always loved to draw, and she created her first mural (a huge drawing of her whole family and some friends from the neighborhood) at the age of three. The art of Sherry Shine is exhibited across the country in galleries, colleges and museums.

Shimoda Accessories

www.shimoda-accessories.com

Shimoda Accessories is a line of beaded adornments.

Sienna Naturals

www.siennanaturals.com

Sienna Naturals is a foundational health regimen for textured hair that treats hair-care like skin care. Line includes hair elixirs, moisturizing hair body shampoo, leave in conditioner and body cream.

Sweet Cheeks Fashion Treats

www.sweetcheeksfashiontreats.bigcartel.com

Sweet Cheeks Fashion Treats creates fashionable candy jewelry.

Vivrant Beauty

www.vivrantbeauty.com

(212) 865-0100

220 Saint Nicholas Avenue (121st St)

Full line of more than fifty hair, skin, make up and body products for women, men and children including many natural and organic products.

Medical & Mental Health

Dr. Lisa Johnson, OB/GYN

53 East 67th Street, New York, NY 10065
212-861-2564

Dr. Ife Landsmark, Clinical Psychologist

New York, NY 10001
212-947-7111
718-854-2465

Dr. Carol Morales, Dentist

40 West 135th Street, 1E, New York, NY
10037
212-281-5500

Dr. Lisa Johnson, OB/GYN

53 East 67th Street, New York, NY 10065
212-861-2564

Workshop Leaders

Stacy Berman

www.thesystembystacy.com
stacysbootcamp.com
stacy@thesystembystacy.com

Stacy Berman is a personal trainer, shaman and Reiki master Stacy Berman hosts our wellness workshop. Berman is also a life coach (“The Goddess Unmasked” photo shoots) and weight loss coach (“The System” meal replacement shakes).

Kathleen Booker

breathingforfreedom.com
kathleen@breathingforfreedom.com
(646) 354-1537

Certified Conscious Connected Breathwork

Coach Kathleen Booker hosts our workshop on sexuality. Booker uses her coaching skills to bring forth clarity, focus and goal achievement for her clients.

Natasha Leath

www.natashaleath.com
press@keeperofthebrand.com
(516) 699-2184

Motivational spiritualist Natasha Leath hosts our workshop on self-love/self-image. Leath uses her gift to “see” people and regularly provides “inspirational insight” to her clientele.

Entertainment

Rose Angelica

Singer and musician

Kita P

kitap.bandcamp.com
[@kitapmusic](https://twitter.com/kitapmusic)
Singer and musician

Issac Sawyer

www.isawyer.com
[@isawyermusic](https://twitter.com/isawyermusic)
Musician and sketch artist

Mariposa

[@lapoetmariposa](https://twitter.com/lapoetmariposa)
Poet, writer, activist