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 engage 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 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.borninbrooklynskincare.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
Harlem Skin & Laser Clinic
www.harlemskinclinic
(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.lafleurnyc.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 — mindfulness, 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).

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

Kathleen Booker
breathingforfreedom.com
kathleen@breathingforfreedom.com
(646) 354-1537
Certified Conscious Connected Breathwork

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
Singer and musician

Issac Sawyer
www.isawyer.com
@isawyermusic
Musician and sketch artist

Mariposa
@lapoetmariposa
Poet, writer, activist