

# HIDDEN IN PLAIN SIGHT

## *The Truth About Stress and Our Health*



**Health and Wellness Week**  
**Save the Date: October 13 -16, 2025**



***Monday, October 13 – LeNaya Smith Crawford, The Holistic Therapist™***

**Licensed Therapist, Holistic Mental Health Educator, and Wellness CEO**

**Zoom: <https://ucop.zoom.us/j/95973260762>**

Committed to making healing accessible, inclusive, and relatable, she brings over a decade of experience to the table, along with features in top outlets like The New York Times and Essence. Through her Holistic Therapist™ Academy, she trains and empowers therapists and healers worldwide. Her work focuses on helping individuals and communities regain their wholeness by nourishing the mind, body, and spirit.



***Monday, October 13 – Devona “Coach D” McClinton***

**Certified Personal Trainer and Board-Certified Holistic Nutrition Consultant, and owner of The Experience Integrative Fitness & Nutrition**

**Zoom: <https://ucop.zoom.us/j/95973260762>**

After a 20-year IT career, she shifted to health and wellness, specializing in women's fitness, nutrition, and holistic healing with a focus on women over 40. Her mission is to empower women to prioritize their health, embrace resilience, and live ageless, limitless lives.



***Tuesday, October 14 – Marsha Treadwell***

**Co-Director of the UCSF Sickle Cell Center of Excellence and Co-Chair of the UCSF Benioff Children's Hospitals Diversity, Equity, Inclusion, and Anti-Racism Council**

**Zoom: <https://ucop.zoom.us/j/91252103237>**

As a clinical psychologist and health services researcher, she studies how social and organizational factors impact health and well-being, and mentors students and faculty with a focus on historically excluded scholars.



***Wednesday, October 15 – Ola Popoola***

**Chief of Staff & Executive Director - Procurement Strategic Transformation & Operations**

**Zoom: <https://ucop.zoom.us/j/99708295606>**

Speaker, educator, author, and transformational leader at the University of California with over 27 years of experience driving innovation and optimizing business and technology operational efficiencies across the U.S. and Europe. She is the owner and operator of a corporate training firm specializing in leadership, management, and professional development. Dr. Popoola holds a doctorate from UC Davis and is the author of Asmaa, a novel about hope and resilience.

*For questions, please contact*  
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