

# Water Yourself

Conference 2023  
March 9 - 10

[www.WaterYourselfConference.com](http://www.WaterYourselfConference.com)

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Featured Keynote

**Cathleen Trigg-Jones**

Founder, iWoman TV

Refresh, rebuild and rejuvenate your mind, body and spirit; while unleashing your potential and ascending victoriously in all aspects of your life.

**#WaterYourself**

## Event Hosts



Zef Zan



Dr. Jacqueline King



Shannon Malkin Daniels

Presented by:



**BLACK WOMEN**  
EMPOWERED

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