

Presenters



Dr. Alicia Shelly, MD FACP

Board Certified Doctor of Internal Medicine

Controlling Diabetes & Weight Management

11:30am

Dr. Alicia Shelly will share 5 ways to maintain and lose weight during the holidays. Unfortunately, lifestyle changes are not easy. However, there are many simple ways you can cut calories, expend more energy, and drop pounds – even during the holidays – without spending a fortune. Dr. Shelly was raised in Atlanta, GA. She received her Bachelor of Science from Oakwood University and received her Doctorate of Medicine from Case Western Reserve University School of Medicine in Cleveland, OH. Dr. Shelly completed her Internal Medicine Residency at St. Mary's Medical Center in San Francisco, CA.



Michael Fraser II

Fitness Enthusiast, Personal and Group Fitness Trainer

Group Fitness Challenge

12:00pm

The discipline to get proper nutrition these days is one thing- making time for fitness is another. Learn some tips from 'Coach Mike' to safely maximize your fitness to save time, strengthen your mind and body, and maintain a healthy weight. With 7 years of group fitness training, Michael is a God fearing fitness & nutrition coach. IG: pro2717fitness



Sgt. Louis Defense

Crime Prevention & Public Information Officer
Smyrna Police Department

Active Shooter Presentation

2:00pm

Sgt. Defense has been a Smyrna Police Officer since November 2000 where he started as a patrol officer. After spending a few years in the Street Crimes Unit, he was promoted to detective. After another promotion, he returned to Uniform Patrol. In the fall of 2015, he was assigned to Crime Prevention which today is part of the Smyrna Special Operations Unit. In addition to being a police Sergeant, Defense is a department spokesperson. He also served as a United States Marine and is very proud to have serve this country and to now continue serving an amazing community.



Chinara Aklilu

LifeLink of Georgia

Annika Smith-Thompson

Organ Donor



Organ & Tissue Donation

1:30pm

Annika Thompson is a Talent Development Specialist with Enterprise Holdings. Born and raised in Jamaica, she migrated to Miami, FL, where she attended Florida Atlantic University and earned a Bachelor degree in Psychology. She later obtained a Master's degree in Leadership specializing in Human Resources through Kaplan University. Annika and her husband Sheldon Thompson have been married for 10 years and have 3 daughters. She recently added a new title of Living Donor, where she recently donated a kidney to her brother.

Honored Guests



Chief David Lee

Smyrna Police Dept.

Chief David Lee joined the Smyrna Police Department in February of 2013. Since joining the department, Chief Lee has implemented a variety of community outreach programs with the goal of ensuring the Smyrna Police Department is a full service, community oriented police department. Prior to coming to Smyrna, Chief Lee worked for the Marietta Police Department for 31 years. He rose through the ranks from patrol officer to deputy chief. During his career with Marietta, he served in patrol, criminal investigations, undercover narcotics, SWAT, honor guard commander, training coordinator, traffic accident reconstruction, budget manager, and he started the community outreach unit. Chief Lee served three years in the United States Army Military Police Corps in different assignments in Germany. Chief Lee has a Bachelor of Science degree in Criminal Justice Administration, and a Master of Business Administration with a concentration in Public Administration.



Chief Roy Acree

Smyrna Fire Dept.

Smyrna Fire Chief, Roy Acree is responsible for all aspects of the Smyrna Fire Department and oversees the Smyrna Emergency Management Agency as its Director. Chief Acree has served the City of Smyrna for 29 years, first joining the SFD in 1990. Through that time he has worked his way up through the ranks, eventually being appointed by Mayor and Council to the position of Fire Chief in 2014. Chief Acree is very active throughout the community and the Fire Service. He is heavily involved with WellStar as a Regional Board Member for Cobb Hospital and the leadership council for the new Vinings Health Park, and is a founding member of the Smyrna Public Safety Foundation. Chief Acree is a Master Certified Emergency Manager and holds numerous certifications from the Georgia Fire Academy, the National Fire Academy, the Emergency Management Institute, and both the Federal and Georgia Emergency Management Agencies.



Councilwoman Maryline Blackburn

Smyrna City Council, Ward 3

A 31-year resident of Georgia, Ms. Blackburn has enjoyed making her home in the Huntington Trace Neighborhood of Smyrna for the last 17 years. In addition to her election to the Smyrna City Council, Blackburn's community advocacy includes serving on the Smyrna Vision Initiative Steering Committee and as a board member on the Smyrna Public Safety Foundation. She also dedicates her time to many other community organizations including National Kidney Foundation, Atlanta Habitat for Humanity, and Life Link. Born in Europe to a close-knit military family, Ms. Blackburn spent her formative years in Fairbanks, Alaska and graduated from Evergreen State College, in Olympia, Washington, with a degree in business administration/management..

Additional Presentations

Eight (8) Laws of Health	Lorraine Owalabi
"NO Bullying Zone"	Diana Makombe, PhD
Ask a Pharmacist	Alison Wallace, PharmD