



*It's Not Just An Expo, It's an Experience!*



Heidi Prom-CRPC

Heidi has over 15 years of experience in the financial services business. Her career began at The Travelers Insurance Company, where she focused on insurance and health products, as well as defined contribution and defined benefits plans and services. She also has experience in the 401k marketplace with work at Wells Fargo and Barclays Global. She recently spent three years at MassMutual providing holistic financial planning and risk management tools. Heidi brings the combination of her risk management experience and wealth management capabilities to help her clients achieve a comprehensive approach to their goals-based wealth management. She is a graduate of Northern Illinois University and earned a Bachelor of Science in Journalism. She resides in Lake Forest with her two sons, Dewar and Maclain. She is active in the community and sits on the Board of Directors for Safe Haven School in Lake Bluff as well as The Mother's Trust Foundation in Lake Forest. Heidi is a life-long women's advocate (and a frequent speaker) on women, family and finance. As a widow and mother of two, she knows firsthand the challenges that women face, and is dedicated to empowering others. Heidi is the founder of a women's networking group called Beauty, Brains, and Brawn, whose goal is to draw from talented women in the community to help educate and enlighten its members on trending topics.



Jennifer Welbel,- LCP

Ms. Welbel received her BA in psychology from the University of Michigan and her MA in Counseling Psychology from Northwestern University. She has extensive training and clinical experience in using cognitive behavior therapy and exposure therapies to treat individuals with a range of anxiety and obsessive-compulsive and related disorders. She received advanced training in exposure therapy at the Center for Anxiety and Obsessive Compulsive Disorders at Alexian Brothers Behavioral Health Hospital and completed a postgraduate clinical fellowship with the Cognitive Behavior Therapy program at The Family Institute at Northwestern University. Prior to starting the North Suburban Center for Anxiety, Ms. Welbel was a staff therapist in the Cognitive Behavior Therapy program at The Family Institute. Most recently, she created and supervised the OCD and Complex Anxiety Disorders treatment track at Compass Health Center.

In addition to her clinical work, Ms. Welbel served on the Scientific Advisory Board for Beyond OCD, a non-profit dedicated to raising awareness and providing resources for all people affected by OCD, anxiety, and related disorders. She's also a frequent presenter on anxiety treatment at leading educational institutions, has been featured as an OCD expert on public radio, and contributes to various publications.



Amanda Hinman- Family Health Expert

Family Health Coach and National Speaker, Amanda Hinman used to feel frustrated, overwhelmed and guilty as a mom. As a parent of 4 amazing daughters, she understands what it is like to feel disappointed and even defeated at times trying to raise positive, happy and healthy children. After her oldest daughter's anxiety was so extreme it led to daily seizures, Amanda transformed her family's health by discovering the powerful impact of utilizing a holistic approach to health. She's created a proven process to transform hundreds of moms from frustrated and overwhelmed to confident and empowered. With her tools and strategies to solve the stress, Amanda allows parents everywhere to start to ENJOY their most important job: Raising a Vibrant Child!



Scott Johnson- Author

A Chicago-born author and voiceover actor with an earlier history in broadcast journalism, Scott has covered historic events ranging from William Kunstler's performance in the Butler-Robideau AIM Trial, to documenting the tragedy at Love Canal. He's been in on gritty stakeouts and has swooped into tornado alleys reporting back that all was not well. His plan was to learn about what goes on in the world to build a solid foundation for writing novels. However, there was more to learn about life than what the cesspools of crime and politics could teach. Like how to raise his two children as a single dad. Scott says their surviving his flying-by-the-seat-of-his-pants parenting has been his biggest accomplishment. In 2014, he was nominated by the Society of Voice Arts & Sciences (SOVAS) as a Finalist for "Outstanding Commercial Demo Reel, Best Male Voice." Flash forward to present day's publication of *Heartstrings in B-flat Minor*, Scott's psychological thriller. This cautionary tale examines the complex dynamic between abusers and their victims and the epidemic of suicide, through the eyes of an ambitious young globetrotting North Shore woman who finds herself caught in a sinister financial scam at the hands of the man she loves.



Stacey Cooke- Wellness Educator

Stacey is a wife and mom to an enthusiastic and energetic 4-year old son. She grew up in Wilmette and now lives in Arlington Heights - with stops in California and Maine in between. Being inclined toward natural living for as long as she can remember, Stacey left her corporate career behind and turned to educating on chemical-free living full time. She loves helping people make small changes that have big impacts on health and happiness. She now gets to live out her passion educating others while leading a group of over 700 families that have gone chemical-free!