



# INAUGURAL EVENT

SEPTEMBER 6, 2025

*Empowering People  
to Conquer Pain*

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**MT. CARMEL BAPTIST CHURCH**

2505 NE 8th Avenue  
Gainesville, FL 32641

# Agenda

## September 6, 2025

- 08:45 am - Registration/Check-In &  
10:00 am - Morning Refreshments
- 10:00 am - Welcome, Opening Prayer,  
10:15 am - Introductions, & Pain Call and Response

### Special Guests

**Dr. Cheryse A. Sankar, PhD, NIH/NINDS Program Director**  
**Dr. Dorothea "Dotty" Atkins, Th.D, RN, LMT, Founder**  
**& CEO of Holos Touch, LLC**

### Keynote Speaker

- 10:15 am - **Jagruiti Chaudhary,**  
10:40 am - **APRN-BC**  
**UF Health Pain Medicine**

- 10:40 am - Panel Discussion 1 -  
11:00 am - **Clinical & Spiritual**  
**Care**

- 11:00 am - Research Showcase  
11:20 am - & Break

- 11:20 am - Breakout Sessions  
12:10 pm - **attend assigned session**

- 12:10 pm - Break  
12:20 pm -

- 12:20 pm - Panel Discussion 2 -  
12:40 pm - **Research & Resources:**  
**The Lived Experience**

- 12:40 pm - Panel Q & A  
12:55pm -

- 12:55 pm - Awards, Raffles, &  
01:15 pm - Closing Remarks

- 01:15 pm - Pick up Lunch &  
01:30 pm - Swag Bag  
in the Gym

### Breakout Sessions

11:20 am - 12:10 pm

#### Group 1: **YELLOW**

Treatment Advocacy Training  
& Support Group

#### Facilitators

- ▶ Dr. Joanna Hobson
- ▶ Marian Griffey & Team

#### Group 2: **PINK**

Medication Management

#### Facilitators

- ▶ Dr. Wandyenid Moyeno
- ▶ Dr. Andre Felder, PharmD

#### Group 3: **GREEN**

Pain Sensory Experience

#### Facilitators

- ▶ Terry Weber
- ▶ Carson Gordon
- ▶ Laurel Deaton
- ▶ Dr. Selenia Rubio

#### Group 4: **RED**

Pain Coping Strategies

#### Facilitators

- ▶ Dr. Victoria Menzies
- ▶ Dr. Dotty Atkins

#### Group 5: **BLUE**

Chair Exercise &  
Anti-inflammatory Nutrition

#### Facilitators

- ▶ Romona Jackson
- ▶ Dr. Larissa Strath

## EVENT HOST



**Dr. Staja "Star" Booker, PhD, RN, FAAN** is an accomplished nurse scientist who conducts community-engaged research and passionately studies ways to understand and reduce chronic pain in older adults. She is an Associate Professor at the University of Florida where she teaches and mentors undergraduate and graduate nursing students. Dr. Booker conducts pain research studies through her lab, MY Pain Matters.

## EVENT CO-HOST



**Dr. Candace McMillon-Dantley, DC** is an author, licensed chiropractor, and CEO of WellPower, a wellness consulting company who partners with community organizations to bring health and wellness programs and resources to underserved communities.

## KEYNOTE SPEAKER



**Jagruti Chaudhary, APRN-BC** is a nurse practitioner in the UF Health Pain Medicine Clinic where she manages patients with various pain conditions using interventional treatments.

## SPECIAL GUESTS



**Dr. Cheryse A. Sankar, PhD** is a Program Director with a research portfolio focused on neurological health disparities at the National Institute of Neurological Disorders and Stroke (NINDS). Prior to joining OGHHD, she served as a science policy analyst in the NINDS Office of Pain Policy and Planning.



**Dr. Dorothea Atkins, Th.D, MA, BSN, LMT** For over two decades, Dr. Atkins has employed an effective, interactive method that emphasizes self-massage of painful joints to manage chronic musculoskeletal pain. She is well known for this technique and has presented it at both regional and national professional conferences. Additionally, she maintains a private practice.

## PANELISTS

### PANEL 1 - CLINICAL AND SPIRITUAL CARE

*To discuss and share insights about holistic care, integrating clinical treatments and spiritual care for pain management.*

**Moderator:** Simone Jackson, BSN, RN - PhD Candidate at UF

- **Carolyn M. Tucker, PhD**  
UF Research Professor  
Director of UFHCC Community-Partnered Cancer Disparities Research Collaborative (CDRC)  
UF Florida Blue Endowed Chair in Health Disparities Research  
*Clinical Psychologist*
- **Dorothea Atkins, Th.D., RN, LMT**  
*Licensed Minister,  
Licensed Massage Therapist,  
Registered Nurse*
- **Charmaine Carpiz Turkdogan, APRN**  
UF Health Pain Medicine  
*Nurse Practitioner*
- **Javier A. Tamargo, PhD**  
UF Postdoctoral Fellow  
*Registered Dietician*
- **Candace McMillon-Dantley, DC**  
WellPower, LLC  
*CEO, Chiropractor*
- **Rhonda Robinson, BS, MBA**  
*Licensed Minister  
Retired Accounting Supervisor*
- **Jagruiti Chaudhary, APRN-BC**  
UF Health Pain Medicine  
*Nurse Practitioner*

### PANEL 2 - ACCESS TO RESEARCH AND RESOURCES: THE LIVED EXPERIENCE

*To understand the importance of research, ways to get involved, and how to tap into community resources from the perspectives of people living with chronic pain, community advocates, and researchers.*

**Moderator:** Joanna Hobson, PhD - UF Postdoctoral Fellow

- **Terence Pollard**  
UF CDRC Community Scientist  
UFHCC Community Advisory Board  
*Cancer Survivor & Advocate*
- **Pamela Hawkins CDM, CFPP**  
Grace To Overcome, Inc.  
CEO  
*Holistic Health Facilitator  
& Wellness Advocate*
- **Lestine Ford**  
UF CDRC Community Scientist  
*Person with Lived Pain Experience*
- **Roger Fillingim, PhD**  
UF Professor  
Director of PRICE  
*Researcher*
- **Angela Howard, AS**  
UF Community Scientist  
*Community Advocate  
Person with Lived Pain Experience*
- **Cheryse Sankar, PhD**  
NIH Program Director  
*Researcher*



## MY Pain Matters Lab

The mission of the **MY Pain Matters Lab** is to elevate the voices and experiences of pain in the underserved, empower older adults to manage pain, and serve the community through pain education and research. We aim to improve the health of older Black individuals and families managing chronic pain by leveraging health solutions, cultural and spiritual assets and eradicating sociopolitical and structural barriers. MY Pain Matters Lab conducts studies to help older adults improve their joint pain. To learn more about our research opportunities, visit [mypainmatters.ufl.edu](http://mypainmatters.ufl.edu).

## UF Health Cancer Center Community-Partnered Cancer Disparities Research Collaborative (CDRC)

**The UF Health Cancer Center Community-Partnered Cancer Disparities Research Collaborative (CDRC)** is directed by Dr. Carolyn Tucker and is a partnership with 10 Black churches and their pastors, culturally sensitive community and faculty researchers, cancer survivors, undergraduate students in a health disparities and health promotion research internship, and a health disparities research support staff. The group works together to conduct community-based participatory research that will lead to interventions and large grants, with the aim of promoting cancer prevention, treatment, and survivorship.



## Pain Research and Intervention Center of Excellence

CLINICAL AND TRANSLATIONAL SCIENCE INSTITUTE

## The Pain Research and Intervention Center of Excellence (PRICE)

at UF is a multi-college center bringing together scientists, clinicians, and trainees to advance the understanding and treatment of pain. The PRICE mission is to reduce pain-related suffering throughout Florida and the nation through excellence in pain research, treatment, and education. PRICE supports the professional growth of the UF pain research community through NIH-funded training programs (T32, T90/R90), monthly journal clubs, and seminars. As a central hub, PRICE fosters innovation, education, and interdisciplinary collaboration to advance clinical and translational pain research at UF.



## College of Nursing UNIVERSITY of FLORIDA

CARE LEAD INSPIRE **Boldly**

**The University of Florida College of Nursing** is committed to delivering exceptional, personalized nursing care, advancing research and scholarship, shaping clinical practice, expanding access to health care, and preparing graduates who care, lead and inspire boldly. The college is consistently ranked in the top ten percent of all graduate degree-awarding nursing schools in the nation, and is currently ranked in the top 4% of all baccalaureate-degree awarding nursing schools in the nation. Visit [nursing.ufl.edu](http://nursing.ufl.edu) to learn more about our programs.

## PAIN STUDY & COMMUNITY PROGRAM OPPORTUNITIES



### MY Pain Matters Lab

The **MY Pain Matters Lab** conducts studies to help older adults improve their joint pain. We believe everybody deserves access to science-driven solutions for equitable pain care.



#### Current Studies

The **PROACTIVE** (Pain Relief of musculoskeletal conditions and Arthritis using Culturally Tailored Interventions for Black Elders) study is a clinical trial that tests the impact of education, resources, active prayer and financial counseling on bone, joint, and muscle pain.



#### Upcoming Programs

The **PROSPER** (Pain Relief for Osteoarthritis through Self-management emPowERment) Program is an innovative community- and faith- based program that will deliver education and provide resources to people living with pain and their caregivers.



To get involved with pain research today, scan this code to complete a screening survey for the **PROACTIVE Study**



#### MY Pain Matters Lab

[mypainmatters.ufl.edu](http://mypainmatters.ufl.edu)



#### UF Health Cancer Center Community-Partnered Cancer Disparities Research Collaboratives (CDRC)

[cancer.ufl.edu/research/centers-and-research-initiatives/community-partnered-cancer-disparities-research-collaborative-cdrc](http://cancer.ufl.edu/research/centers-and-research-initiatives/community-partnered-cancer-disparities-research-collaborative-cdrc)



#### UF College of Nursing

[nursing.ufl.edu](http://nursing.ufl.edu)



#### UF Pain Research and Intervention Center of Excellence (PRICE)

[price.ctsi.ufl.edu](http://price.ctsi.ufl.edu)



#### UF Health Pain Medicine Clinic

[ufhealth.org/specialties/pain-medicine](http://ufhealth.org/specialties/pain-medicine)

## PAIN EMPOWERMENT CALL AND RESPONSE

- ▶ **Lead:** I have pain, but pain doesn't have me.
- ▶ **Audience:** *I have power over pain.*
  
- ▶ **Lead:** Being pain free may not be possible, but suffering is optional.
- ▶ **Audience:** *I am grateful to be alive and to live free from suffering despite the pain.*
  
- ▶ **Lead:** I can do all things through the one who strengthens me.
- ▶ **Audience:** *I'm empowered to find ways to manage pain with the help of others.*
  
- ▶ **Lead:** Keep the faith and hold on because one day they'll be no more pain or sorrow.
- ▶ **Audience:** *I will not give up, give in, or give out because I have pain. I will keep the faith and conquer pain everyday.*

### NOTES

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# Thank You

To **Pastor Destin Williams** and  
**Mount Carmel Baptist Church:**

Serving our communities requires compassion, commitment, and collaboration. I whole-heartedly thank you for generously providing your church's facilities to support the collaborative efforts of delivering the inaugural Power Over Pain Empowerment Jubilee Event to Gainesville communities.



To Our **Sponsors, Panelists, Keynote Speaker, CDRC Pastors, Community Members, CON Staff and Faculty, Student Volunteers:**

Thank you for supporting the vision of empowering Gainesville communities with the knowledge, tools, resources, and opportunities to manage and overcome chronic pain. Your collaborative and supportive efforts has made the inaugural Power Over Pain Empowerment Jubilee a great success.



This event was supported by the  
**University of Florida, Faculty Enhancement Opportunity Award (Office of the Provost).**

Thank you!

