

# KEYNOTE SPEAKER



## Dr. John Delony

Mental Health & Wellness Expert

Dr. John Delony is a #1 national bestselling author, mental health expert, and host of The Dr. John Delony Show, a top-ranking podcast and YouTube channel. He holds two PhDs—one in counselor education and supervision, the other in higher education. Before joining Ramsey Solutions, John spent nearly two decades as an educator, researcher, crisis responder and senior leader at multiple universities. Now as a Ramsey Personality, John is blazing a new trail for what it means to truly be well. His first bestselling book, *Redefining Anxiety*, explored the simple, but life-changing truth about anxiety. In his latest release, *Own Your Past, Change Your Future*, John creates yet another not-so-complicated guide on trauma and relationships.

# BREAKOUT SPEAKERS

**YOUR WELLNESS CAN INCLUDE MANY AREAS OF FOCUS AND A WIDE RANGE OF TOPICS. WHAT ARE YOU FOCUSING ON, RIGHT NOW? WE HAVE A LINEUP OF EXPERIENCED, KNOWLEDGEABLE SPEAKERS TO HELP YOU ON YOUR JOURNEY TO TOTAL WELLNESS.**

### Ann Beard

**Vice President Mortgage Loan Officer  
BancFirst Ardmore**

Ann Beard is a life-long Oklahoman with over 15 years of mortgage lending experience. As the Mortgage Lender of BancFirst Ardmore, Ann is your hometown lender determined to help find the home of your dreams, and help her customers navigate the full range of products available to first-time homebuyers. Ann was named "Favorite Mortgage Lender" in 2021 and 2022 and is ready to go to bat for her customers to ensure they will get the right loan for their home.

### Mark Phelps

**Coordinator of Employee Health and Wellness  
Lighthouse Behavioral Wellness Centers**

Mark Phelps is a dynamic and knowledgeable professional in the field of worksite wellness and employee health. With over 5 years of experience conducting community health needs assessments at the Oklahoma State Department of Health, Mark has a deep understanding of the impact of health on individuals and communities. As a certified personal trainer through ISSA, Mark brings a unique blend of experience and skills to the field of employee wellness.

### Debra Graham, RN II, BSN, DNE

**Oklahoma State Department of Health**

Debra Graham currently works for District 8 of The Oklahoma State Department of Health. She has been an RN for 29 years and has been teaching diabetes for the past 8 years. Working from her home base, the Carter County Health Department, she serves clients in 9 counties. Living with type 2 diabetes for the past 36 years, she believes people can manage their diabetes and eat birthday cake without feeling guilty.

### Mattie Riley

**Special Projects Coordinator/Employee Relations  
Lighthouse Behavioral Wellness Centers**

Mattie Riley is a Certified Dream Manager. She has been with Lighthouse Behavioral Wellness Center for 4 years where she has worked as a Care Coordinator, Wellness Coach and is now in her current role of Special Projects Coordinator/Employee Relations. Through her dream manager work, Mattie has witnessed firsthand how life-changing this program can be. She wants to help you experience the same positive change.

### Angie Morales

**Financial Advisor  
Edward Jones Ardmore**

Angie Morales grew up in rural Oklahoma in the small community of Fittstown. Her roots have taught her that hard work, honesty, compassion, and family are important. She knows that these values are also important to her clients. She wants to understand your future priorities and to partner with you to help you achieve your lifetime financial goals.

### Casey Alsobrook

**Defensive Tactics Instructor  
Ardmore Police Department**

Detective Casey Alsobrook currently works in the Criminal Investigations Division at the Ardmore Police Department. He started in Law Enforcement in 2001. He has served 2.5 years in Afghanistan as a Police Advisor, Mentor and Trainer. He also served 3.5 years as a K9 handler in Diplomatic Security at the US Embassy in Baghdad. He has been a defensive tactics instructor since 2015.

### Angela (Angie) Kemp, M.S., LMFT, CFLE

**Lighthouse Behavioral Wellness Centers**

Angie Kemp has expertise in child and adolescent development, family systems and medical family therapy, crisis services, trauma informed care and motivational interviewing. Angie sees the value in combining prayer, mediation and visualization in the therapeutic healing process.

### Jessica Presley

**Owner  
Beyond The Bar CrossFit**

Jessica Presley is a Certified CrossFit Level 2 trainer and CrossFit gym owner. CrossFit is a high intensity fitness program incorporating elements from several sports and types of exercise. It is a strength, conditioning, and overall fitness program consisting mainly of a mix of aerobic exercise, calisthenics (bodyweight exercises) and Olympic weightlifting. Jessica wants to help you get healthy, including while you are at work.