

Meet the Guest Speakers



Tracy Dando is a passionate advocate for mental health, recovery, and personal growth. Drawing from her own journey of overcoming challenges, Tracy founded the Safe Space organization, a community dedicated to providing support, compassion, and empowerment for those navigating mental health struggles. She is also the co-visionary behind the *Root to Rise* retreats, transformative experiences that help participants reconnect with themselves and reclaim their resilience.

As a speaker, Tracy's heartfelt storytelling and insightful perspectives have made her a sought-after voice in the mental health community. Her TEDx talk on mental health in the workplace has inspired audiences to embrace vulnerability and prioritize well-being.

Committed to making a broader impact, Tracy is one of NYS only certified eating disorder recovery coaches through the Carolyn Costin Institute, further expanding her ability to support others in reclaiming their lives. With a unique blend of empathy, expertise, and entrepreneurial spirit, Tracy Dando is reshaping how we view and approach mental health and healing. **Tracy's Presentation time:** 1:00-2:00PM, Friday, December 13, 2024.

Danielle Benjamin is a Syracuse native with a passion for supporting the local community. Through Wandercuse she works with businesses across Upstate New York to promote what makes them unique. Danielle has a background in education which she uses to teach her readers about hidden gems and travel tips. She has been published in CNY Magazine, Syracuse.com, Insider, CraftBeer.com, and several other outlets. Danielle is a volunteer for the American Foundation for Suicide Prevention and a proud mental health advocate. **Danielle's Presentation time:** 2:00-3:00PM, Friday, December 13, 2024.



Christalle Twomey is a multifaceted entrepreneur, gardener, artist, and advocate who combines creativity with purpose. As the owner of Heartbeet Gardenscapes and a seasoned herbalist, Christalle has over 15 years of experience cultivating edible gardens and fostering sustainable living. Her journey, shaped by her epilepsy diagnosis, fuels her unique perspective on empowerment, inspiring others to embrace positivity and lead purposeful lives. A published author and dedicated educator, Christalle is also the Marketing Committee Chair for Safe Space Organization. Through her work, Christalle strives to nurture growth—both in gardens and in the communities she serves. **Christalle's Presentation time:** 3:00-4:00PM, Friday, December 13, 2024.