

# Pajama GLAM Party

## Program Agenda

**Saturday, October 17, 2026 | 12:30–3:30 p.m.**

**Hyatt Regency Tysons Corner Center**

Regency Foyer & Ballroom

**Welcome to an afternoon of connection, creativity, movement,  
and wellness for girls and families!**

**12:30–1:00 p.m. | Check-In  
& Let the GLAM Begin!**

*Regency Foyer*

Pick up your Passport to a Healthy Lifestyle, visit the Wellness Hub, and capture fun memories at the GLAM Photo Opportunity and 360 Photo Booth.

**1:00–1:10 p.m.  
Explore & Connect**

*Regency Ballroom opens*

Begin your passport journey, discover activity stations and wellness resources, and grab a bite as DJ Greenize brings the music.

**1:10–1:18 p.m.  
Welcome to Pajama Glam**

Join Cassandra Freeman, Actress and Emcee, Maimah Karmo, CEO & President, Tigerlily Foundation, and Noelle Karmo-Walsh, Inspiration for Pajama Glam, for a warm welcome celebrating the purpose and heart of Pajama Glam.

**1:18–1:22 p.m.  
A Moment of Intention**

Take a breath and set an intention with **Maimah Karmo** to begin the afternoon feeling grounded and connected.

|                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1:22–1:30 p.m.<br><b>Wellness Hub Spotlight</b>                                                                                                                                                                       | Join <b>Maimah Karmo</b> and <b>Dr. Laurena White of The Eudaimonia Center</b> for a conversation about wellness and the experiences waiting for you throughout the event.                                                                                                                                    |
| 1:30–1:37 p.m.<br><b>Dance, Sparkle &amp; Shine</b>                                                                                                                                                                   | Enjoy a performance by <b>WJ Dance Troupe</b> , then join the fun with a guest dance-along!                                                                                                                                                                                                                   |
| 1:37–2:00 p.m.<br><b>Your Passport to Wellness</b>                                                                                                                                                                    | Explore activities, connect with Wellness Hub partners, and enjoy food, beverages, and music by <b>DJ Greenize</b> .                                                                                                                                                                                          |
| 2:00–2:07 p.m.<br><b>Move &amp; Groove: Zumba with Coco</b>                                                                                                                                                           | Get moving with <b>Coco</b> during an upbeat Zumba demonstration.                                                                                                                                                                                                                                             |
| 2:07–2:14 p.m.<br><b>My Daughter, My Caregiver</b>                                                                                                                                                                    | Gather for a heartfelt conversation with <b>Maimah Karmo, Noelle Karmo-Walsh, and Tameka Johnson, ANGEL Advocate</b> , exploring the mother-daughter bond, caregiving, and the power of family support.                                                                                                       |
| 2:14–2:30 p.m.<br><b>Open Activities</b>                                                                                                                                                                              | Continue your passport journey, visit activity stations and Wellness Hub tables, and connect with other families while <b>DJ Greenize</b> keeps the music flowing.                                                                                                                                            |
| 2:30–2:36 p.m.<br><b>Spotlight Moment: Confidence, Self-Worth &amp; Empowerment</b><br>Kelsey Nicole Nelson — FOX Sports Radio Host and Reporter, Atlantic 10 Studio Host, and George Washington University Professor | Join special guest speaker Kelsey Nicole Nelson as she shares her experiences and offers words of encouragement about building confidence, recognizing one's self-worth, and embracing individuality. Her message encourages guests to celebrate what makes them unique and use their voices with confidence. |
| 2:36–3:00 p.m.<br><b>Open Activities</b>                                                                                                                                                                              | Guests resume passport exploration, activity stations, Wellness Hub tables, and food and beverages. <b>DJ Greenize</b> performs.                                                                                                                                                                              |
| 3:00–3:07 p.m.<br><b>Stretch &amp; Breathe: Yoga with V O'Neill</b>                                                                                                                                                   | Join <b>V O'Neill</b> for a guided yoga demonstration and a moment of mindful movement.                                                                                                                                                                                                                       |

**3:07–3:20 p.m.**  
**One More Moment of GLAM**

Make your final stops at the activity stations and Wellness Hub, collect passport stickers, and capture a few more memories.

**3:20–3:25 p.m.**  
**Carry the GLAM Forward**

Join **Cassandra Freeman** for closing remarks and inspiration to carry today's connection and wellness into everyday life.

**3:25–3:30 p.m.**  
**A Peaceful Finish: Sound Bath**

Close the afternoon with a calming sound bath practice—a moment to pause, breathe, and reflect.

## *Event Sponsors*

THANK YOU TO OUR GENEROUS SPONSORS



### PRESENTING SPONSOR

#### **2026 Pajama Glam Party**

Presented by the Tigerlily Foundation  
and Pivotal Grant Presenting Sponsor



### GLAM AND GLOW LOUNGE SPONSORS

### MOVE, STRETCH AND SHINE SPONSOR



### IN PARTNERSHIP WITH

