

# Our Guest Speakers



## *Anne Curtis*

### Manulife Brand Ambassador & Policyholder

Anne Curtis is a celebrated actress, television host, and singer in the Philippines, admired for her versatility and enduring charm in the entertainment industry. With a career spanning film, television, and music, she has become one of the country's most recognizable and influential personalities. Beyond the spotlight, Anne is also an entrepreneur, philanthropist, and UNICEF Goodwill Ambassador, championing causes related to children's welfare and education. Her multifaceted career and advocacy work continue to inspire audiences in the Philippines and beyond.



## *Erwan Heussaff*

### Manulife Brand Ambassador & Policyholder and Founder of FEATR Media

Erwan Heussaff is a Filipino media entrepreneur, content creator, and James Beard Award-winning storyteller. He started his company The Fat Kid Inside as a health and wellness blog, creating high impact healthy recipe videos that he shared in the early days of the internet. It eventually became the production studio that is the backbone of FEATR Media, a digital content company producing documentaries and series on food, culture, and travel, reaching over 20 million viewers monthly across various social media platforms.



## *Sarah Chapman, Ph.D.*

### Chief Marketing Officer, Wealth and Asset Management & Global Chief Sustainability Officer

As Chief Marketing Officer, Sarah is responsible for marketing strategy, brand management, innovation, digital and analytics for Manulife's Global Wealth and Asset Management business. She drives global coordination and alignment on our customer experience transformation across retail, retirement, and institutional asset management channels.

As the Global Chief Sustainability Officer, Sarah is responsible for leading the ongoing development and execution of Manulife's sustainability, community investment and sponsorship strategy and oversees Manulife's environmental, social & governance (ESG) reporting and disclosures.



## *Grace T. Cruz, Ph. D.*

### Professor, UP Population Institute

Dr. Grace T. Cruz is a distinguished professor of demography at the University of the Philippines Population Institute (UPPI), where she has dedicated over 30 years to research and academia. Holding a Ph.D. in Sociology, a Master's in Demography, and a Bachelor of Science degree in Statistics, all from the University of the Philippines, her work primarily focuses on the aging population. Dr. Cruz is a leading expert on population aging and health in the Philippines, currently serving as the Project Investigator for the country's first Longitudinal Study of Aging and Health (LSAHP). She has authored numerous publications and held key leadership roles, including Director of the UPPI and President of the Philippine Population Association, solidifying her reputation as a pivotal figure in demographic studies.



## *Dr. Nantha Kumar*

### Head of Medical Affairs, AMEA, Guardant Health

Dr. Nantha Kumar is a Senior Medical Affairs and Research Leader at Guardant Health in Singapore, with extensive experience in clinical practice, research, and medical affairs. He has led key initiatives that bridge scientific insights with innovative healthcare solutions, supporting the advancement of precision diagnostics and patient-centered care. Known for his collaborative leadership, Dr. Kumar works across cross-functional teams to ensure the integrity, impact, and clinical relevance of research and medical programs.



## *Dr. Beverly Ho*

### Chief Health Officer, Ayala Healthcare Holdings, Inc. (AC Health)

Dr. Beverly Lorraine C. Ho is a prominent leader in Philippine public health, recognized for her extensive work in policy and health promotion. She has held several key roles within the Department of Health, including Assistant Secretary of Public Health Services and concurrent Director of the Health Promotion and Disease Prevention and Control Bureaus. During the COVID-19 pandemic, she served as the DOH Deputy Spokesperson, leading national campaigns for health and safety. Dr. Ho was instrumental in the passage of landmark legislation such as the Universal Health Care (UHC) Law and excise taxes on sugar-sweetened beverages and tobacco. A Fulbright scholar, she holds a Doctor of Medicine and a Bachelor of Science in Biology from the University of the Philippines, and a Master of Public Health from the Harvard T.H. Chan School of Public Health. Her work has earned her prestigious accolades, including being named one of the Ten Outstanding Young Men and Ten Outstanding Women in the Nation's Service in 2022.



## *Dr. Jeremy Lim*

### CEO & Co-Founder, AMILI

Dr. Jeremy Lim is a medical doctor trained in surgery and public health, with extensive experience in both the public and private healthcare sectors across Asia. He is the CEO and co-founder of AMILI, a precision gut microbiome company, and also holds a position as Director of Global Health and an Associate Professor at the Saw Swee Hock School of Public Health at the National University of Singapore. Dr. Lim is known for advising governments, international organizations like the World Bank and the World Health Organization, and development banks on matters of Universal Health Coverage and health systems reform. He is also the author of the book "Myth or Magic: The Singapore Healthcare System" and serves on the boards of various non-profit and for-profit healthcare organizations.



## *Jo Sebastian, R.N.D.*

### Licensed Nutritionist-Dietitian & Nutrition Content Creator

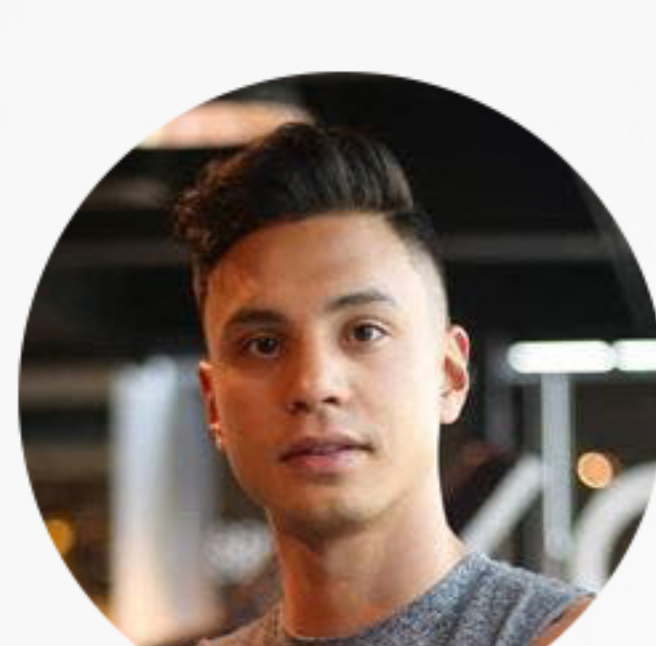
Jo Sebastian is a registered nutritionist-dietitian and content creator known for her practical, science-based, and compassionate approach to nutrition. She advocates for food freedom, mindful eating, and building a healthier relationship with food—helping Filipinos move beyond strict diets and guilt-driven choices. With her relatable storytelling and evidence-based insights, Jo empowers individuals to nourish both body and mind, making wellness sustainable and enjoyable.



## *Seth Alonzo*

### Chef & Food Enthusiast

Seth Alonzo is a dynamic food enthusiast and content creator who brings a fresh perspective to Filipino gastronomy. As a content creator for FEATR Media, he contributes to a variety of video series that explore the rich and diverse culinary landscape of the Philippines. Through his work, he helps tell the stories behind local food, showcasing everything from traditional recipes to modern culinary trends.



## *Jose Villablanca*

### Fitness Advocate, Content Creator

Jose Villablanca is a prominent fitness advocate and content creator known for his holistic approach to wellness. As the founder of Holifit, he focuses on the connection between physical, mental, and emotional health. With experience as a personal trainer in Toronto, he now inspires individuals and organizations to prioritize well-being through his content, corporate wellness programs, and his book, "Holistically Fit".



## *Julia Suggang-Bonoan*

### Fitness & Wellness Coach, Mental Health Advocate

Julia Suggang-Bonoan is a fitness and wellness coach, mental health advocate, and content creator. A former athlete and certified trainer, she shares her journey as a mother and coach, promoting balance, resilience, and holistic well-being through fitness, family, and advocacy.



## *Dr. Cheridine Oro-Josef*

### Geriatrician, Family Physician, and Advocate for Senior Health & Wellness

Dr. Cheridine P. Oro-Josef, MD, FPAFP, FPCGM is a seasoned geriatrician and family physician with nearly two decades of experience in promoting health and wellness among older adults. A graduate of University of Santo Tomas (MD, 1999), she holds leadership roles in several healthcare programs: she is Chair of the Geriatric Program at Cotabato Regional and Medical Center and has served as Chair of the Department of Family and Community Medicine. Dr. Oro-Josef is actively involved in community health initiatives: she helped launch CRMC's Geriatric Health Program Unit, Palliative and Hospice Section, and programs like the "60 and Above Academy" for senior citizens.



## *Dr. Gail Galang*

### Licensed Psychologist, Educator, and Advocate for Mental Resilience & Family Well-being

Dr. Gail Reyes-Galang is a licensed psychologist and esteemed educator whose impactful work bridges mental resilience and family well-being. As Associate Director of the Center for Peace Education and Chair of the Family Studies Program, she blends academic expertise with heartfelt guidance. A sought-after expert on stress, adolescent psychology, and mindfulness, she brings clarity and compassion to today's most pressing challenges.



## *Dr. Steven Villaraza*

### Neurologist, Capitol Medical Center

Dr. Steven G. Villaraza, MD, FPNA is a consultant neurologist affiliated with Jose R. Reyes Memorial Medical Center (JRRMMC) in Manila. He is actively involved in research and academia, with interests in clinical neurology, neurodegenerative diseases, and cognitive impairment. He is also a member of the Dementia Society of the Philippines.



## *Dr. Gail Ramiro*

### Neurologist, ManilaMed

Dr. Gail Melissa I. Ramiro is a board-certified neurologist and Fellow of the Philippine Neurological Association, specializing in epilepsy. She earned her medical degree from the University of Santo Tomas, completed her residency at the Philippine General Hospital, and pursued fellowship training in Epilepsy at Yale New Haven Hospital in the United States. She currently practices at ManilaMed, Medical Center Taguig, and Centre Médicale Internationale in BGC, where she provides expert care in neurology and epilepsy.