

## 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.



### *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 Sugang-Bonoan*

#### **Fitness & Wellness Coach, Mental Health Advocate**

Julia Sugang-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 neurology 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.