



THE HAUTE 100 ISSUE

OUR POWER LIST OF NORTHERN CALIFORNIA'S TECH TITANS, PHILANTHROPISTS, BILLIONAIRES, POWER COUPLES, WONDER WOMEN, WINE & CULINARY ICONS, ARTS & ENTERTAINMENT LEGENDS, AND SPORTS SUPERSTARS



THE STRONGER COLLECTIVE VITALITY FOR WOMEN EVENT AT THE BATTERY PENTHOUSE

BY OLIVIA HSU DECKER
 PHOTOGRAPHY LENA TRUONG

SAN FRANCISCO NATIVE JOY SHEPPARD, NP, THE V founder and CEO of The Stronger Collective, has ign powerful women's movement (Anyone who identifies woman and men who support women are welcome). to midlife women aged 35 and older, The Stronger C stands as a foundation for education, empowerment, & equity. At the core of The Stronger Collective lies a bc unwavering mission: to provide a platform where wo gain social connection and access to evidence-based to wellness through curated, in-person community event by esteemed medical doctors and experts. This is a healthcare initiative, a catalyst for change, and a movement for high-level conversations, continual progress, and tangible impact.

Joy Sheppard is a wife, mother to an 8-year-old son, nurse practitioner, former professional athlete in the International Federation of Bodybuilding (IFBB), community leader, and keynote speaker on mindset. Her father, a Buddhist monk, has served as her mindset coach and a living example of the transformation of which humans are capable. Her mother is a retired nurse and philanthropist who taught her how to find deeper purpose. She combined her passion for health, mindset, and service by creating a wellness community for women, The Stronger Collective.

Embracing the acronym SHINE—social connection, health, impact, network, and education—The Stronger Collective advocates for a world where women do not merely survive, but they thrive!

Social Connection: Empower Your Health Through Connection

Secure relationships significantly impact longevity and well-being, while individual journeys may be challenging and isolating. We offer an engaging environment to build deep genuine connections.

Health: Redefining Women's Health

Going beyond traditional healthcare paradigms, we address the full spectrum of women's health needs, ranging from hormonal imbalances to emotional well-being, body composition, and life transitions, guiding women toward a path of comprehensive wellness.



Carolyn C. Chang, MD, FACS
 San Francisco's premier plastic surgeon is renowned for her beautifully natural results and has helped thousands of midlife patients achieve beautifully natural results.

The Stronger Collective believes a strong foundation of knowledge is inner power toward a fulfilling life.

The Stronger Collective's community bridges the women's voices across all industries to advocate for women's wellness. The Vitality for Women Event on May 19 at The Penthouse at The Battery in San Francisco testified their mission with guest speakers:

Mindy Goldman, MD and Kathleen Jordan, MD of Midi Health

The virtual perimenopause/menopause clinic created for women aged 35-plus.

Jessica Herrin, MD, co-founder of the Female Longevity Institute

The medical practice we needed in our thirties, but never found. Now in our forties and fifties, it's even more relevant for making the second half of life our best half.

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San Francisco's premier plastic surgeon is renowned for her beautifully natural results and has helped thousands of midlife patients achieve beautifully natural results.

The event was hosted by The Stronger Collective team: Joy Sheppard, Judy Truong, Natalie Wong, Kimberly Airey Hansen, and Alaina Naidoo. The event swag sponsors included Juice Beauty, Ever Skin, Menowell, and media sponsor *Haute Living*, *San Francisco's* owner and publisher, Olivia Hsu Decker.

For details, please visit www.thestrongercollective.com. 📱