

HOTEL INDIGO EVERETT

— ANNUAL — WOMEN'S *waterfront* EXPO • The Longevity Edition •

Meet the Speakers:



MC: Dr. Corrie Wilder

Dr. Corrie Wilder is a communications strategist, facilitator, speaker, and workshop leader who helps people navigate change, find clarity in complicated moments, and have better conversations when the stakes are high.

Her work explores how communication shapes our ability to understand what's happening, make confident decisions, and move forward—especially during periods of uncertainty and change. She brings warmth, humor, and a healthy dose of candor to conversations that might otherwise feel intimidating or overly serious.

Corrie speaks and teaches workshops on communication, leadership, and navigating change, including her Shift Left Communication approach: bringing people into conversations earlier, while there is still something they can understand, influence, or prepare for.

Her favorite conversations are the ones where people stop whispering, ask the question everyone else was wondering about, and leave feeling a little more informed and a lot less alone.

Dr. Kristen Wyrick

Dr. Kristen Wyrick is the Regional Medical Director of Primary Care for Optum Care Washington and a practicing family medicine physician in Smokey Point. A University of Washington School of Medicine graduate, she is dedicated to patient-centered, preventive care and improving health outcomes. Her experience caring for patients across all stages of life makes her a trusted voice on women's health, wellness, and coordinated care.



Dr. Rebecca Kulgren

Dr. Rebecca Kulgren is an OB/GYN with Optum Care Washington and serves as Associate Medical Director for Endocrinology, Gastroenterology, Nephrology, OB/GYN, Rheumatology, and Lab/Diagnostic Imaging. She also serves as Co-Chair of the Clinician Leadership Advisory Council.

Dr. Kulgren is dedicated to empowering women through education, open communication and evidence-based care. Her experience caring for women across all stages of life makes her a trusted voice on women's health, wellness and informed decision-making.



Emily Countryman

Emily Countryman is the Founder and CEO of ShiftSetGo, an Inc. 5000-honored weight loss and metabolic health company. With more than 20 years in health and wellness, she is a certified holistic health coach, Puget Sound Business Journal 40 Under 40 honoree, and trusted voice on weight loss, metabolic health, GLP-1s, peptides, and women's wellness.

She is passionate about helping women improve their health, confidence, and energy at every stage of life.

Betsy-Bold Baker

Betsy Baker-Bold, PT, CMPT, PRC, CMTPT-DN is a physical therapist, metabolic health coach, and business owner with more than 30 years of experience in health, wellness, and human performance. Her background spans everything from inpatient trauma care to working with Olympic and elite athletes, including the U.S. Ski Team. Inspired by her own health transformation, Betsy now focuses on helping women better understand metabolic health, nutrition, body composition, and the changes that come with perimenopause and menopause. She combines clinical expertise and personal experience to help women build strength, energy, confidence, and long-term health.



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