

THE HEALTH WARRIORS ARE BACK

“Insider Champions of Good Health”
Pinehurst Village Hall on March 6, 2026 at 10:00 AM

“STAYING HEALTHY AND LIVING LONGER”

EAT WELL, MOVE MORE, SUPPORT YOUR MIND, FIND CURRENT TOOLS

THE CHAMPIONS OF GOOD HEALTH

Moderator:

Karen Sullivan PhD., ABPP Neuropsychologist with focus on dementia

A board certified clinical neuropsychologist and Reid Healthcare Transformation Fellow with The Foundation of FirstHealth. She is the founder of Pinehurst Neuropsychology, I CARE FOR YOUR BRAIN, and the Engaged Brains Project. Dr. Sullivan is committed to nourishing Moore County to be a place where people with brain change are seen, valued, and connected. She can be reached at DrSullivan@PinehurstMemory.com

Miller Johnstone, M. D., Concierge Physician with focus on geriatric and vascular medicine

Dr. Johnstone is board certified in geriatric medicine and family medicine. He currently practices as a physician for FirstHealth. Dr. Johnstone treats wide age disease prevention, wellness, chronic disease, vascular issues. His patient range in age from adolescents through older adults. He formulates individual treatment plans for his patients.

Angela Fox, PsyD, Psychologist with focus on behavioral science and depression

Dr. Fox is a clinical psychologist with more than 15 years of experience. She is the Chief Operations Officer for SPA and consultant for the Reid Center for Well-Being at FirstHealth. Dr. Fox has served in the Military with three deployments and served five years in the Intelligence Community (IC). She has authored two books.

G. Will Stone, M.D., Urogynecologist with focus on pelvic medicine and reconstructive surgery

Dr. Stone is a fellowship-trained urogynecologist with board certifications in both obstetrics and gynecology and female pelvic medicine and reconstructive surgery. He is a graduate of UNC School of Medicine, completed his residency at Walter Reed and served previously at Womack Army Medical Center. He provides comprehensive care in urinary incontinence, pelvic organ prolapse and other pelvic disorders, using both non-surgical and minimally invasive treatments.

The Symposium doctors will make a presentation in their various fields and we will have a question and answer period to help our attendees have a better understanding of how to improve or maintain good health.

Women of the Pines is pleased to work with FirstHealth in presenting this Symposium to you. This is our 4th year to offer this free presentation and we are grateful for this opportunity to reach out to our community. Everyone is welcome. Please register so that seating is arranged.

