

*Please see our founder's bio below. We are proud to be a part of the vision Roe sees for her local community. We believe Roe is a dynamic leader with an unshakable passion to move girls and people of the black and brown communities forward. This bio only scratches the surface of the depth that Roe's story and inspirations come from. We hope by sharing her bio that you know by supporting this cause you are supporting an unstoppable black woman who is passionate about moving the culture forward.*

### **Founders Short Bio**

Stepping into her role as an advocate of diversity and inclusion, Roe has traveled through many areas of interest while discovering her true calling and desire to share her truth on happiness, health, and wellbeing based on her own challenges growing up as a ward of the state and witnessing her family and community struggle with mental health. Roe's first experience, unknowingly, with mental illness was at the age of eight. She witnessed her grandmother, who was in great physical health, carried off to a psychiatric hospital without the proper care or resources and later passing away due to the progressive complications mental illnesses cause. This moved Roe to study pre-pharm, alternative medicine, brain health, and many other modalities to get a greater understanding of the mind and body. Although Roe is trained in many skills and certified as an advanced yoga educator, she chooses not to identify with her roles but instead shows up as needed and inspires through being authentic. Roe identifies herself as an educator of truth in however that expresses itself.

With a deep dedication to and building her community, Roe has been recognized as a community healer and leader in Chattanooga's [HealthScope](#) Magazine and a Rising Star in 2019 [Edge Magazine](#). She has worked with several minority camps and organizations and founded [Girl Stance, Inc.](#), the first all-girls retreat-style educational camp and mindfulness program for vulnerable girls in Chattanooga, TN. Roe has been featured on the [CBSN Originals](#) documentary highlighting her work in raising mindful interconnected boys. Roe was also awarded [2020 Changemaker Of The Year](#) and has joined the Lululemon Brand Ambassadorship (2020-2022) to help support her efforts in spreading the benefits of yoga to underserved communities.

Roe's impact expands beyond the vulnerable communities she serves but her focus remains on bridging the gap in economic resources to the youth and arts. She served her city on numerous committees and boards including the 2017 Budgeting For Outcome committee and the Board of Directors for [Reflection Riding Arboretum Center](#) and [Center for Mindful Living](#). She has recently served as a wisdom council member and grant evaluator for [Southern Black Girls And Women's Consortium \(SBGWC\)](#). She holds memberships with The Yoga Alliance and Black Yoga Teacher Alliance organizations. She also offers support and mentorship through Chattanooga Women's Leadership Institute (CWLII), Young Professionals of Chattanooga (YPC), and is recognized as a continuous presenter for the National Coalition of 100 Black Women, inc. (NCBW)- Chattanooga Chapter.

Roe enjoys a balance of luxury and the outdoors and spending time with her family and community kids camping and swimming.

### **Additional Features and Highlights:**

- Channel 9 feature- [Where Medicine fails, arts heal.](#)
- Times Free Press - [Girl Stance mentorship](#)
- Girl Stance- [Instagram Page](#)
- Girl Stance- [Website](#) \* Richard Willmore Podcast- [Girl Stance](#)