

# ABOUT US

## Board of Directors

### Sylvia Cochran

Lila is a public health practitioner, she moved to New Orleans in 2008 to pursue a Masters in Public Health and fell in love with the city. Her practice includes her work as a facilitator, doula, yogi, and activist; encouraging mothers and families to reconnect with their bodies and voices through mindful practice and advocacy. Lila is a dreamer, an immigrant to the US originally from the Dominican Republic. Her public health practice is informed by her family's experience with navigating life in the states with limited resources. Lila explores sexuality and the self through a futuristic lens, in which people of all identities are able to talk about themselves as sexual beings, with confidence and awareness, whatever their race, socioeconomic and immigration status.

### Lila Arnaud

Sylvia Cochran has been involved in the movement for abortion rights since the earliest days - over 40 years working for independent clinics in Pennsylvania and Louisiana. She has worked in all aspects of the field, from reception to patient care, eventually working her way up to office manager and administrator. She is currently the administrator of Delta Clinic of Baton Rouge and Women's Health Care Center in New Orleans. Her first love is politics and she plans to spend her summer working on the 2016 presidential election. She has testified for abortion access before the Louisiana legislature, bringing her professional experience to the Capitol.

### Mike Stagg

Mike Stagg is a civic activist, writer, filmmaker, policy analyst and strategist, as well as a radio talk show host. He was a reporter for 20 years, has published newspapers and books, edited books, run for public office, managed campaigns, and produced public policy documentaries that have aired on broadcast television stations across the state, advancing progressive values on state finances and public education. He's a native of Eunice, Louisiana and currently resides in Lafayette. He's been a roustabout, roughneck and truck driver in the oilfield. He is working on a new book and documentary that reveal how the oil and gas industry has cheated the citizens of Louisiana out of their fair share of our mineral wealth with the cooperation of state government. He is the principal of D.P.S. Media LLC which is the producer of his weekly radio show and podcast, Where The Alligators Roam.

### Jules Richelson

Jules Richelson is from the desert of Tucson, Arizona, but has studied with a Maori community in New Zealand, worked on a goat farm in California, and now has planted herself squarely in the swamp of New Orleans. A perpetual volunteer, she serves on the board of directors for Metro Centers for Women & Children, the Administrative Lead Team of the NOLA TimeBank, and as a hot-line advocate for STAR (Sexual Trauma Awareness & Response). She has volunteered as a NOAF Clinic Escort since April 2016, and is bringing her background in fundraising and development to the NOAF Board to strengthen support for women's health and rights. One of her part-time jobs is Gynecological Teaching Associate at Tulane University School of Medicine, teaching medical students to perform a physically comfortable well-woman exam with an emphasis on communication skills, to provide a supportive environment for the patient. Due to her desire to understand and create a healthy community, Jules designed her own curriculum at Prescott College and received her B.A. in Integrated Studies of Culture, Environment, and Traditional Healing. To unwind from her busy life, Jules is part of Waterbeams: Synchronized Swimmers With Spunk, and fosters animals from the LA-SPCA.

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