

THE
Griot's
REMEDY

HOST – E. CLAUDETTE FREEMAN



E. Claudette Freeman is an award-winning playwright, former radio professional, author, Certified Life Coach through The Blend Academy and serves as a writing coach, editor and publisher through her companies Pecan Tree Publishing and Pecan Tree Creative Services. She launched the companies after 24 years in South Florida radio, split evenly between news/talk and gospel formatting. Her journalistic skills in writing and producing the documentary HAITIANS: A FORGOTTEN PEOPLE led to her garnering a Special Recognition award in the Associated Press' Annual competition. Her stage works have been featured at the Chattanooga Black Arts and Letters Festival, the National Black Theatre Festival, the Women's Theatre Festival of Memphis and the Atlanta Black Theatre Festival. She has penned 12 plays and 10 books including two collections of journals. She is the mother of one son, and doggie grandmom to Dolce.

WEENA WISE, LCFT, PCP - PANELIST



Weena Wise is a Licensed Couple and Family Therapist, Certified Professional Coach, clinical writer, and public speaker in the D.C. Metropolitan Area. She is the owner of Covenant Counseling & Consulting and Covenant Coaching Academy. With over 15 years of experience helping individuals, couples, and families achieve the personal and relationship results they desire, Weena has earned the reputation of being a foremost authority on relationship repair. Her clinical advice is currently featured in over 15 mainstream media publications, such as NBC News, Huffington Post, MSN, Insider, and USA Today. Weena speaks to local, national, and international audiences about relationship education, trauma recovery, and the role of spirituality in modern-day relationships. Visit weenacullins.com/shop to purchase her in-home session series, schedule an appointment, or book Weena for your next event.

RENEE ODRICK - PANELIST



Renee' D. Odrick is a Board-Certified Professional Life Coach, Counselor, Author, & Meditation & Mindfulness Trainer. She holds an MBA in Business Management & Organization and has over 30 years of experience as a business professional with expertise in relationships, training, leadership, caregiving, and organization. She is the CEO of Meditational Moment Inc. and Meditational Academy, which is a virtual, mobile movement that has been established to counsel, educate, train and inspire all individuals to incorporate meditation in their lives as a catalyst for God-alignment. As a sought-after speaker Renee' has been noted as a voice of influence and encouragement for those needing to push pass complacency into a place of purpose and destiny. Renee's Life Mantra is "LET NOTHING INTERFERE WITH YOUR PEACE" Renee is a committed wife and partner to her husband of 32 years, Terrence Odrick Sr. They have 4 amazing young adult children, 2 loveable grandbabies and 2 adoring dogs. Connect with Renee' @ www.meditationalmoment.com for bookings & appointments. Join the Meditational Moment Facebook Group and check out our Social Media – Instagram Page– @MeditationalMoment

MJ SMITH – EDITOR/PRODUCER



MJ Smith is a dedicated radio professional. MJ studied Broadcast Journalism at Broward College in Fort Lauderdale, Florida. He launched his career at WLRN Public Radio in Miami, before taking on the afternoon drive show at the Stellar Award-winning radio station, Gospel AM 1490 WMBM. MJ is an energetic and sought-after Master of Ceremonies for an array of events and is active in several professional radio and gospel music industry organizations.

THE CAST



Regina Hodges is an award-winning playwright, actress, director and producer of theater and film and has been in the entertainment industry for over two decades. In 2012, she and her husband Lamar, founded Hodges & Hodges Productions (formerly D & R Productions). She has penned, directed, and produced several stage productions, and co-wrote the short film, No Longer Bound (2021). She is a recognizable face in regional and national commercials, as well as several films. Hello Mom, It's Gigi is her first book! **Regina is heard as Ann/Her Heart's Dance and GammaReen/Smooth Like Batter this season.**



Lamar Hodges, was bitten by the acting bug more than a decade ago and since then has taken the stage in numerous theatre productions, starring in shows written by his wife, Regina Hodges, as well as being part of The W Theatre Company Ensemble. No stranger to film, Lamar Hodges is also known for performances in [The Company of Sons](#) (2021), [To Each His Own](#) (2018) and [Cake: The Series](#) (2020). **Lamar plays Alan this season in That Damn Knock.**



Toni Tenaj, began performing over 30 years ago in the heart of Brooklyn, New York when she discovered her passions for dance, theater, music, and fashion. Toni is a writer, director, producer and stage manager and has co-produced various plays and skits. She has had lead roles in several productions in the South Florida area as well as tv commercials and film in South Florida and Atlanta. **Toni plays Kay/That Damn Knock; Sugar/Her Heart's Dance and Paige/Smooth Like Batter.**



Margarette Joyner, is a brilliant actress, director and former founding executive director of The Heritage Theatre Ensemble Company in Richmond, VA. She has starred in, produced and directed more than 100 plays during her theatre career. In 2023, she won a coveted readers' series spot in the National Black Theatre Festival for her piece Message from An Ancestor. She currently serves as the Visiting Assistant Professor of Costuming at the University of North Carolina Charlotte. **Margarette lends her dramatic voice to the reading of the excerpt from This Is Not Your House.**



Joseph R. Cray is a budding photographer and author in South Florida. He dabbles with the stage, performing with local theatre companies. **Joe is heard as Cliff/Her Heart's Dance and Charles/Smooth Like Batter this season.**