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Plaskett to Host National Lawmakers in St. Thomas for Policy and Wellness Retreat

The congresswoman will host U.S. Representatives including Ayanna Pressley, Ilhan Omar, and others for a two-day event in St. Thomas focused on wellness, legislative dialogue, and connecting federal policy priorities with the Virgin Islands community.

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Delegate to Congress Stacey E. Plaskett.

Congresswoman Stacey Plaskett will host a select group of national female lawmakers in the U.S. Virgin Islands this weekend for a wellness-focused retreat centered on empowerment, networking, and community engagement.

Set for June 28–29 in St. Thomas, the event — themed “Relax, Relate, Release” — will bring together legislators and local residents for a series of interactive sessions addressing policy and wellness. According to Ms. Plaskett, the retreat is designed to create space for “authentic conversations that deepen our understanding and guide our legislative priorities.”

Plaskett, who serves on the U.S. House Ways and Means, Intelligence, and Budget Committees, has invited a slate of influential peers including Reps. Ayanna Pressley (D-MA), Ilhan Omar (D-MN), Lucy McBath (D-GA), Yvette Clarke (D-NY), Emilia Sykes (D-OH), and Jasmine Crockett (D-TX). The attendees are known for their advocacy on issues such as civil rights, economic equity, gun control, and healthcare access.

Women's Retreat Weekend

**Congresswoman
Stacey E. Plaskett**

with Special Guests

Congresswoman Yvette Clarke (NY-09)
Congresswoman Jasmine Crockett (TX-30)
Congresswoman Ilhan Omar (MN-05)
Congresswoman Valerie Foushee (NC-04)
Congresswoman Emilia Sykes (OH-13)
Congresswoman Lucy McBath (GA-06)

Relax, Relate+Release

SATURDAY, JUNE 28 - MONDAY, JUNE 30
SAINT THOMAS, U.S. VIRGIN ISLANDS

SUGGESTED CONTRIBUTIONS
Full Weekend: \$5,000 PAC | \$1,000 Individual
Sunday Brunch/Workshop Only: \$500 Host | \$250 V.I. Resident

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The event aims to connect national policymakers with Virgin Islanders and facilitate dialogue on how federal policies affect local communities. Saturday and Sunday’s programming includes wellness sessions like yoga and meditation, as well as practical workshops on financial literacy, estate planning, investment strategies, communication, and healthy living. A Sunday brunch will provide an additional opportunity for informal dialogue between legislators and community members.

Emmanuella Perez Cassius, a local community leader, highlighted the importance of the event, noting that “opportunities like this are rare but crucial.” Renee Petersen, former St. Croix Democratic Party District Chairwoman, added that such interactions can help policymakers “see firsthand how their policies affect real people,” potentially leading to more grounded legislation.

Attendance at the retreat is intentionally limited to foster substantive conversation and direct engagement. Organizers and local advocates hope the initiative will lead to tangible policy

outcomes that reflect the community's lived experiences and concerns.

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