

NEWS

OF WOMEN

The Year Of The Can-Do Woman

(NAPSA)—Every woman can be a can-do woman—a woman who's comfortable in her own skin, secure and confident in every decade of her life. Recognizing that potential is cause for celebration—and a leading women's organization is taking a whole year to do just that.

Speaking of Women's Health (SWH) has designated 2003 as The Year of the Can-Do Woman. This theme will be featured throughout the year at all SWH events—part of a 35-city national city tour featuring presentations by leading physicians, beauty and health care experts and lifestyle gurus. The mission of SWH is to educate women to make informed decisions about their well-being and personal safety.

The mission of SWH is carried out in three ways—through conference extravaganzas, in-store information centers at Wal-Mart nationwide, and on “Lifetime’s Speaking of Women’s Health” cable TV’s number-one rated health show.

“Our efforts are about the whole woman and encompass her outer beauty, inner strength and spiritual well-being,” says Dianne Dunkelman, president and CEO, SWH. “At SWH, our speakers uniquely understand the psychology of women and how all three affect women in their daily multi-faceted lives.”

SWH conference attendees have an opportunity to talk with



Can-Do Women: Florence Henderson, National Honorary Chair, SWH; Dianne Dunkelman, president and CEO, SWH; Winnie King and Juju Chang, co-hosts of “Lifetime’s Speaking of Women’s Health,” Saturdays at 11:30 am EST, cable TV’s number-one rated health show.

more than 70 health care professionals about specific concerns. In addition, the conferences have more than 25 breakout sessions on topics ranging from heart and financial health, sexuality and vitality, to exercise and nutrition, osteoporosis and self-esteem.

Keynote presentations include “Loving the Skin You’re In At Every Age,” sponsored by Olay and “Trusting Your Gut—Beyond a Woman’s Intuition,” sponsored by P&G Personal Health Care.

To learn more about SWH and to find a nearby conference city, visit the web site at www.speakingofwomenshealth.com.