



# WOMEN'S HEALTH

## Marking 10 Years Of Empowering Women

(NAPSA)—A group dedicated to helping women get in touch with and celebrate their own power, particularly in matters of health care, is celebrating its 10th year in 2005.

The mission of Speaking of Women's Health is to "educate women to make informed decisions about their health, well-being and personal safety."

This mission is carried out in three ways—through conference extravaganzas, information centers at Wal-Mart stores nationwide and on "Lifetime's Speaking of Women's Health"—now seen on Lifetime's Real Women network.

According to Dianne Dunkelman, Founder and CEO of Speaking of Women's Health, the organization provides several health initiatives designed to help women embrace what's described as women's "Sunflower Power." The sunflower is a symbol used by the group.

For example, companies such as L'Oreal Paris, Maybelline New York and Garnier will sponsor beauty makeovers of women's skin and hair to help them look their best every day.

Also, an osteoporosis health initiative will stress the importance of strong bones and preventing the condition. Called "The Power of Staying Strong and Vital in Your 50's and Beyond," it is sponsored by Actonel.

The conference's keynote presentation, Keep Your Life Power Full, sponsored by P&G, will encourage women to embrace their lives—every day—with power and vitality.

The events will also include



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other pampering elements that are classic and unique to Speaking of Women's Health and Universal Sisters events. The Universal Sisters program offers events that are designed to speak to the issues of women of color.

The organization also offers an exciting feature on its Web site—a free health, well-being and lifestyle electronic newsletter called "Expressly My Health." Visitors can pick the topics that are important to them and receive personalized news every month from more than 350 of the country's leading publications and journals.

In addition to grassroots support from local and regional sponsors, Speaking of Women's Health is supported by national sponsors P&G, Wal-Mart, Lifetime, American Greetings, Ensure, Pfizer, Kellogg's, Hanes, Stouffer's Lean Cuisine, Schick Intuition, L'Oreal Paris, Maybelline New York, Garnier and Cadbury Schweppes America's Beverages.

To learn more, visit the site [www.speakingofwomenshealth.com](http://www.speakingofwomenshealth.com).