

FOR IMMEDIATE RELEASE

Women Empowerment Conference Benefitting the Palmer Hospital

ST. LOUIS (Sep. 20, 2016)— This Saturday, the Woman to Woman Conference will be held at the Peabody Hotel from 8:00 a.m. to 4:00 p.m. This conference will focus on helping women find harmony in their lives, with special help from guest speaker and the luncheon keynote addressee, Dr. Ruth Westheimer. Each ticket costs \$35, with proceeds to benefit the Palmer Hospital for Children & Women.

Dr. Westheimer is a nationally known television and radio personality as a psychosexual therapist. She will discuss current sexual issues women face and how respect for self- and for others- fosters gratifying sexual relationships.

The conference will also feature 10 other exciting workshops presented by various area professionals. Participants will be able to choose three from workshops including:

- Empowerment!
- The Food Trap—Breaking Its Hidden Control
- Hello, Exercise! Good-Bye Blues!
- Why Does He Do That?
- Fashions for the Shape You're In
- The Woman's Balance Beam
- And More!

This conference provides a great opportunity for personal growth, networking, and a great experience. Saturday will also feature door prizes, free booklets and resource information, book sales, and other items for purchase from our sponsor, Doctors Health Care Group.

For tickets, contact, Rosalie Bledsoe, 314.875.6682. Corporate tables are available.

For press information, contact Trish Weaver-Evans, 314.628.5431.