

For Immediate Release

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### **Somerset County United Way Women’s Initiative Event – Radical Renewal: Rejuvenating Your Mind, Body and Spirit**

If the winter doldrums have got you down, if you are tired of the same routine day-in and day-out and if you want to do something good for yourself, then join Somerset County United Way’s Women’s Initiative for a morning of fun, inspiration and friendship.

This half-day program is designed for the woman who has time for everyone else but rarely makes time for herself.

Hear from expert speakers on a variety of topics including:

- *Change Your Thoughts, Change Your Life*
- *Look Damn Good – 7 Steps to Fabulous*
- *You Are What You Eat*
- *Don’t be intimidated by Yoga*
- *Keeping things in Perspective: the Power of Beliefs*

**WHEN:** Saturday, March 21<sup>st</sup>, 2009 from 8:00am to Noon

**WHERE:** The Center for Great Expectations in Franklin Township

**COST:** \$20 in advance; \$25 at the door. Continental breakfast included. Scholarships available.

**CONTACT:** To register, contact Lynn Weckworth at 908-253-6505 or [lynn.weckworth@scuw.org](mailto:lynn.weckworth@scuw.org). Advance payment may be made by check or credit card.

***Space is limited so register early!***

Somerset County United Way launched its Women’s Initiative in 2000. Its intent was to explore what resources women can bring to bear, financial and non-financial, to influence issues in our community. The overall theme of the initiative is empowering women to enable them to meet their basic needs, captured by the tagline: “Women building community and empowering lives.”

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Efforts of the Women's Initiative are focused in three areas: volunteerism, fundraising, and special events. The Women's Initiative invites women of all ages to become involved in service at whatever level their schedule allows. For more information, contact Lynn Weckworth at (908) 253-6505 or visit [www.scuw.org](http://www.scuw.org).

An independent nonprofit organization, SCUW helps people who live and work in Somerset County through its vision that all residents possess a living income that will be attained through achieving financial stability, healthy lifestyles, and life readiness. United Way's mission is to lead a caring community to create solutions that transform people's lives. To learn more about how you can get involved, contact Somerset County United Way at (908) 725 – 6640 or visit [www.scuw.org](http://www.scuw.org).

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