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**For Immediate Release**

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**Speaking Of Women's Health Conference Comes To Raleigh**  
*Daylong Conference To Be Held At The North Raleigh Hilton*

RALEIGH, N.C. – Speaking of Women's Health conference, a daylong event designed to influence women in making informed decisions about their health, well-being and personal safety is coming to the North Raleigh Hilton on December 9 from 8 a.m. to 4 p.m. The conference theme, "Simple Pledges: Building Blocks for Healthy Living" will be supported through keynote speakers, special topic sessions, sponsor booths and free health screenings. All attendees will receive a beautiful gift bag worth over \$150. Tickets are \$30 and go on sale August 1. Go to [www.swhraleigh.com](http://www.swhraleigh.com) to submit a ticket request form.

"The Speaking of Women's Health conference allows women to discuss their health concerns," said Erika Mangrum, co-chair of the event's executive committee. "We are pleased to promote simple building blocks that lead to living healthier lives for the women of Raleigh."

**About Speaking of Women's Health:**

The National Speaking of Women's Health Foundation is a 501 (c) (3), non-profit organization headquartered in Cincinnati, Ohio, whose mission is "to educate women to make informed decisions about their health, well-being and personal safety." Founded in 1996, Speaking of Women's Health ® (SWH) hosts more than 40 conferences and events across the country, educating and empowering women in a pampering environment. The national foundation works with community hospitals and organizations at a grassroots level, and reinvests into local women's health through Community Investment Grants. SWH includes two Minority Health Programs – Universal Sisters and Hablando de la Salud de la Mujer; community events and education centers with free health brochures in Wal-Mart stores nationwide; and a weekly television show, Lifetime's Speaking of Women's Health. Please visit <http://www.speakingofwomenshealth.com> or call 1-866-SWH-INFO for more information.

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