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For Immediate Release

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**Speaking Of Women's Health Seeks
Community Investment Award Recipients And Honoree Nominations**
National Conference Accepting Applications

RALEIGH, N.C. – Speaking of Women's Health, a daylong event focusing on women's health, well-being and personal safety, has announced that they are now accepting applications for the 2006 Speaking of Women's Health community investment grants and honoree nominations. The investment grant award winners and honorees will be announced at the Speaking of Women's Health conference on Dec. 9 at the North Raleigh Hilton. Nominations for grants are due by Sept. 1 and honoree nominations are due by Sept. 20.

Local non-profit organizations that educate women or enhance the quality of women's health, well-being and personal safety are encouraged to apply for the investment grants. Funds for start-up organizations will not be awarded. To apply, visit the Speaking of Women's Health web site at www.swhRaleigh.com.

Honoree nominations should reflect someone who has enhanced the quality of life in the local community through efforts in women's health, well-being and personal safety. Nominations, including the nominee's name, address, occupation, professional affiliations and a description of why she should be honored by Speaking of Women's Health, must be sent to: Tobi Bowen, Resources for Seniors, Inc., 1110 Navaho Drive, Suite 400, Raleigh, NC 27609.

"The Community Investment Grant program enables us to further the Speaking of Women's Health mission by awarding funds to worthwhile organizations," said Erika Mangrum, co-chair of the event's executive committee. "It is also an honor to recognize the accomplishments of special women as honorees. We are pleased to be able to support those who provide exceptional services to the women of the Triangle."

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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