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**For Immediate Release**

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**Speaking Of Women's Health Foundation Awards  
Community Investment Grant To Triangle Family Services**  
*Grant From Foundation To Help Health  
And Well-Being Of Women In The Triangle*

RALEIGH, N.C. – Triangle Family Services has been awarded a 2006 Community Investment Grant by the Speaking of Women's Health Foundation. The grant, presented Dec. 9 at the annual Speaking of Women's Health Conference at the North Raleigh Hilton, gives Triangle Family Services funds to use for educating women in the Triangle on how to make informed decisions about their health, well-being and personal safety. In the last 10 years, the National Speaking of Women's Health Foundation has invested more than \$2 million into community organizations, foundations and charities that work to improve the lives of women throughout the United States.

"After having reviewed numerous applications, the Community Investment Committee believes Triangle Family Services best represents what Speaking of Women's Health is all about," said Kimberly Pate, beneficiary sponsor member of Speaking of Women's Health. "We are pleased to award them with a Community Investment Grant and look forward to seeing great results for women within our community from this monetary contribution."

About Triangle Family Services:

Triangle Family Services (TFS) is a local United Way agency helping families and children throughout the Triangle. Established in 1937, it is one of the oldest and most comprehensive nonprofits in the region. All of our services are confidential and nationally accredited by the Council on Accreditation. Through skilled and compassionate care, TFS annually helps over 7,000 Triangle families and individuals achieve family safety, financial security and mental health. For more information, visit <http://www.tfsnc.org/>.

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.swhRaleigh.com> or call 1-866-SWH-INFO for more information.

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