

**YWCA OF LANCASTER
110 N. LIME STREET
LANCASTER, PA 17602**

PRESS RELEASE

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YWCA WOMAN2 WOMAN EVENT TO BE HELD NOVEMBER 14

LANCASTER, PA – The eighth Annual Woman2Woman event will be held on Sunday, November 14 from 8:30 a.m. to 5 p.m. at YWCA Lancaster, 110 N. Lime St., Lancaster, PA 17602.

This year's theme, "Empowering Us", will appeal to women of all ages who are striving to make responsible choices in today's gender-challenged world.

New this year are a luncheon presentation and a panel discussion. Heather Gebron-Rice, M. Div., will speak at 12:15 pm on the importance of relationship-building for women. At 3:30 pm, a 3-woman panel will examine the impact of personal choices on local healthcare, political and environmental issues. Panelists are Fran Rodriguez, Co-Chair, Governor's Commission on Latino Affairs; Danene Sorace, Executive Director, LIVE Green; and Alice Yoder, Director, Community Health & Wellness at Lancaster General Health. Moderator is Ann Duval, W2W co-founder and YWCA Board member.

21 workshops will be offered ranging from Movement and Creativity to Self-Awareness and Empowered Living. Women can also experience a mini Reiki, reflexology or craniosacral therapy session, or receive a naturopathic consultation. In addition, there is an Artisan Marketplace with 16 women entrepreneurs offering beautifully handcrafted jewelry, body lotions and soaps, home décor, pottery, photography, clothing and

paintings.

W2W participants can enjoy breakfast, lunch, dessert and snacks from local woman-owned or operated businesses including Chestnut Hill Cafe, Carmen and David's Creamery, Rachel's Café and Creperie, and Tortina Bakery. The talents of women musicians from Lancaster County including Bobbi and Annie Carmitchell, Trixie Greiner and others who will be announced on the website will add to the fun-filled atmosphere.

A schedule of workshops is attached.

Tickets are \$12 if purchased in advance at the YWCA and Chestnut Hill Café, or \$15 at the door. Two tickets may be purchased online at www.ywcalancaster.org at a reduced rate of \$22. Admission is valid for the entire day; readmission is allowed with receipt.

W2W is a totally volunteer-operated event. Proceeds will benefit YWCA Lancaster which is dedicated to eliminating racism and empowering women. For more information, visit www.ywcalancaster.org.

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