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**YWCA LANCASTER TO HOLD WOMAN2WOMAN EMPOWERMENT EVENT ON NOVEMBER 13**

LANCASTER, PA – On Nov. 13, 2011, YWCA Lancaster will hold the ninth annual woman2woman event from 8:30 a.m. to 4 p.m. at YWCA Lancaster, 110 N. Lime St., Lancaster, PA 17602. Created by women for women, woman2woman focuses on empowering women through a variety of self-development workshops and an emphasis on women owned businesses.

woman2woman offers women of all ages the unique opportunity to participate in self-development workshops led by local women who are experts in their fields, to shop in a marketplace that is made up entirely of women owned businesses and to eat delicious food prepared by women owned restaurants and caterers. Cost is \$10 at the door. A raffle prize drawing will take place in the afternoon with items donated by woman2woman marketplace vendors.

**Empowering Workshops**

There will be four workshop tracks to be offered that cover Health & Wellness, Business & Career Development, Continuing & Lifelong Learning, and Personal Growth & Relationships. These four tracks embody the mission of the event to empower women as a whole.

woman2woman attendees are invited to attend any workshop that suits them and their present goals. Topics include: Self-confidence development by Angelique Arroyo of The Passionate Wise Woman; Jewelry making by Eileen Gilbert and Colleen Weikel of Sparkle & Sass Creative Works; The ancient art of fertility awareness by Natasha Herr Alvarez of Full Moon Fertility; Kitchen (holistic) medicine by Renee Awad of Avalon Natural Health; An introduction to Kundalini Yoga by Colleen Martzall of Sukh Prakash and much more.

## **Marketplace**

The woman2woman marketplace will feature successful entrepreneurs, artists and service providers. Participants are able to visit the marketplace anytime during the day. Vendors include: Birth support services by Mind, Belly and Soul; organic t-shirts and handsewn wares by Creekside Studio; sterling silver jewelry by Linda Perez Jewelry; state emissions and inspections by M&T Universal Tech; and more.

In addition to the marketplace, free beauty, massage and relaxation services will be provided.

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](http://www.ywcalancaster.org) or contact Cindi Madonna at 717-490-0535.

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