



## Media Release

For Immediate Release

February 18, 2009

### **Another great line-up for this year's Women's Conference**

(Miramichi) Women can expect another great line-up of speakers for the fourth annual *Day for Women* conference scheduled for Thursday, March 5, 2009 in Miramichi. The conference organized by the Women's Wellness Program of the Miramichi Regional Hospital celebrates International Women's Day.

This year's conference will feature keynote speaker Kathleen Cooper, an environmental law researcher from Toronto who will present "All in a Day – One Woman's Choices for Self, Family and Community." Other speakers include representatives from the Canadian Cancer Society whom will speak about the "Myths and Truths of Cancer" and the NB Heart Centre that will present the latest information about heart disease. Miramichier Paula Foley will also give a presentation about empowerment titled "Reclaiming Ourselves". The day will end with a demonstration from Yoga instructor Charlene Pearce.

The annual conference provides women an opportunity to be educated on women's issues and listen to informative presentations. The *Day for Women* will be held in the Highland Theatre at the Miramichi Regional Hospital. Attendees are asked to bring a non-perishable food item or a personal hygiene product. All items will be donated to the Miramichi Food Bank and the Miramichi Emergency Centre for Women. For more information or to register please call 623-6136 beginning February. 20.

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