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FOR IMMEDIATE RELEASE
October 16, 2013

WOMEN'S CHALLENGE PRESENTS THE WOMEN'S HEALTH, WELLNESS, AND ECONOMIC EXPO

Saturday, November 23 at the Sheraton in Baltimore

Baltimore, MD, October 16, 2013– The Women's Challenge presents the "Women & Girls Committing to Get IT!" This health, wellness, and economic expo will cover everything a woman or girl needs to know; mental, spiritual, emotional and financial health will all be addressed at this one day expo. The event will take place on November 23, 10 am to 3 pm, at the Dulaney Valley Sheraton, 903 Dulaney Valley Road, Towson, MD. More information and registration can be found at www.womenschallenge.net. Admission is free and open to the public.

"The Women's Challenge is a non-profit organization created to help women find great body, mind and spirit resources. The 'Women & Girls Committing to get IT!' expo will be an amazing opportunity to learn about everything that is important to women: their finances, their sexual health, and their spiritual health. This will be an empowering event and I hope to see thousands of women and girls." – Lorraine Bailey-Carter, Founder, The Women's Challenge

The Expo will feature different areas relating to Financial FITness, Physical FITness and SexualITy After a Medical Crisis. Featured presenters will include Wells Fargo, Deborah Owens of "A Purse of Your Own," Nakita Pope of Branding Chicks, relationship expert LaDawn Black, Baltimore's Photographer of the Year

Lisa Fleet of Glamorous Divas, Stacey Johnson from Traci Lynn Jewelry, Chere Cofield of Cofield International LLC, and Guinness record holder Ernestine Shepherd.

This “Women & Girls Committing to get IT!” expo is sponsored in part by Walgreen’s, financial expert, Deborah Owens and *A Purse of Your Own*, Glamorous Divas, Wells Fargo Home Mortgage and Providence Video Surveillance Systems. More sponsorship, has been provided by, Traci Lynn Fashion Jewelry, Chere Cofield, LaDawn Black, Branding Chicks and Maxine Bigby Cunningham and Empowered Walking Enterprise. The Women’s Challenge would like to thank all of their sponsors and exhibitors for helping to make this event the huge success that it is assured to be.



“A woman is the full circle. Within her is the power to create, nurture and transform.”
~ Diane Mariechild

The Women’s Challenge, Inc. (TWC) is a grass root, non-profit organization primarily servicing Harford and Baltimore counties, as well as surrounding areas in Maryland and the District of Columbia. Founded by Lorraine Bailey-Carter, TWC is a vision to creatively challenge today’s women, young and young-at-heart to be healthy, inside and out. Focusing on specific areas such as physical, mental and sexual health, diet and nutrition, beauty concepts, financial empowerment and spiritual motivation, TWC endeavors to stress the importance of overall wellness and healthy living

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If you would like more information about this topic, please contact Lorraine Bailey-Carter at 888-529-9213 or email at Lorraine@WomensChallenge.net.