

# News Summary



**ATTENTION:**

**Sara Wacker**

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**YWCA San Diego**

**March 30, 2011**

<u>Keyword</u>	<u>Publication</u>	<u>Publication Date</u>	<u>Page #</u>	<u># of Pages</u>
<u>YWCA</u> Article	RB News Journal	March 24, 2011	1,21	2
	<b>TOTAL ARTICLES</b>	<b>1</b>		



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Client Name: C3 Communications  
Publication Name: RB News Journal  
Publishing Date: March 24, 2011  
Circulation: 17,000  
Page Number: 1,21  
Article Size: 36 sq inch  
Ad Value: \$334.06

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# Annual San Diego Women's Week starts next Wednesday

**BY ELIZABETH MARIE HIMCHAK**

Tickets are still available for the second annual San Diego Women's Week, which starts Wednesday, March 30.

The four-day event featuring inspirational speakers and experts will be at California Center for the Arts Escondido, 340 N. Escondido Blvd. It is

organized by San Diego North Chamber of Commerce.

The 5:30-9 p.m. Wednesday, March 30 session will feature Wendy Walker, who worked at Larry King Live for 17 years and CNN for 31, explaining how to "Be the producer of your own life." Also speaking will be Croce's Restaurant and Jazz Bar owner Ingrid Croce talking about "Finding happiness and

purpose" and New York Times best-selling author John Assaraf speaking about "Winning the game of success."

At the 5:30-9 p.m. Thursday, March 31 session, Tanya Brown, a life coach and sister of the late Nicole Brown Simpson, will speak about dealing with stress. There will also be a Kaiser Permanente doctors panel addressing women's health issues, and Sam the

Cooking Guy will talk about "Finding inspiration for your stomach and heart."

Former Powegian Lauren Elaine, a fashion designer, actress and model, will show her latest designs at a fashion show during the 11:30 a.m. to 1:30 p.m. Friday, April 1 luncheon. Attendees are asked to donate professional

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## WOMEN

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attire for women that will benefit Becky's House. The YWCA program assists women re-entering the workforce after escaping domestic violence.

Friday evening, from 5:30-9 p.m., fashion, beauty and wellness will be the featured topics when Bellus Academy presents "Beauty Changes Lives." Session attendees will receive a \$25 certificate toward Bellus Academy's salon and spa services.

The 8:30 a.m. to 4 p.m. Saturday, April 2 session, which includes lunch, will close San Diego Women's Week.

On Saturday morning, New York Times bestselling author Kim Barnouin will talk about becoming a conscious food consumer. There will also be a panel discussion on empowering children by Dr. Ken Druck from the Jenna Druck Foundation; Ed and Lois Smart, parents of Elizabeth Smart; and Susie Walton, mother of basketball player Luke Walton and Indigo Village founder.

After lunch, the first breakout session will feature Tina Mickelson talking about achieving personal and professional success by asking for and accepting help, medical experts from Sharp Rees-Stealy answering health questions, Brandon Stigers

explaining how to safely shop and socialize online, Dr. Nick Yphantides speaking about his experience in losing 300 pounds naturally and Carol LeBeau talking about erasing the stigma of mental illness.

The second breakout session will feature Kathleen Pacurar explaining how laughter is the "best medicine," an educational beer-tasting session for women by Stone Brewing, Nancy Drew detailing the five "success secrets" of business women, Cathy Anderson talking about how women can succeed in the film industry, and Lauren Elaine and Ford model Kiersten Brada sharing tips for success in the fashion and modeling industries.

Tickets are \$25 for each of the Wednesday, Thursday and Friday evening sessions. The Friday afternoon luncheon is \$49 and all-day Saturday session is \$59. There is also an "all inclusive" week pass available for \$149.

Purchase tickets in advance at [www.sdwomensweek.com](http://www.sdwomensweek.com). Matt Sanford, SDNCC business development manager, said tickets can be purchased at the door if sessions have not sold out.

For details, go to [www.sdwomensweek.com](http://www.sdwomensweek.com) or call 858-487-1767.

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