



Charles County Commission for Women
P.O. Box 2150, La Plata, Maryland 20646

Press Release – For Immediate Release
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Charles County Commission for Women Contacts:
Roberta Berry, (301) 638-1182 or e-mail at berryc consulting@verion.net
Darlene Breck, (301) 645-0525 or e-mail at darlenebreck@gmail.com

The Power of Women: You Can Change Your World **2010 Charles County Women's Fair**

(24. Feb., 2010, La Plata, MD) Registration is underway for the 7th Annual “Charles County Women’s Fair” to be held on Saturday, March 6, 2010 from 8:00a.m. – 2:00p.m. at the Center for Business and Industry on the La Plata Campus of the College of Southern Maryland.

This year’s theme is in conjunction with Women International Week: “The Power of Women: You Can Change Your World” will focus on empowering women globally to take charge of their health and wellness, spiritual well-being, and financial fortitude and stability, presented by the Charles County Commission for Women, this annual full-day event on Saturday, Mar. 6 will feature a keynote address by Christine Parker, CFP®, Parker Financial, LLC, opening pacesetter presentation by Sheebah Smith of Spring Dell Center, Inc, and Gary Ficke, CEC, Head Chef at The Crossing at Casey Jones, Featured Chef on Civista’s *Health eCooking* Website (www.civista.org), brought to you by Civista Health. Chef Ficke, Charles County’s very own celebrity chef, will provide a master cooking demonstration featuring a healthy, simple and “berry” tasty recipe. The participants will have an opportunity to sample Chef Ficke’s special presentation and receive a complimentary recipe card to take home. A question and answer session will follow his demonstration. Learn techniques from a Master Chef for preparing healthy and delicious meals. There will be welcoming remarks by Roberta Berry and Darlene Breck, Charles County Women’s Fair Co-chairs, a health and wellness center and an exhibitor hall.

Morning breakout session topics will focus on women’s health, wellness, spiritual well-being, taking care of the yourself and financial fortitude that will be presented by Joyce M. Cool, ChFC, CASL® Wealth Management Partners, Kanika Hampton, MD, Medical Director, Civista Women’s Health Center, Inc., Cynthia Parker, Vice President of Network Development & Marketing, Charles County Nursing and Rehabilitation Center, (CCNRC), and Ann Penick, MA, NCC Counselor, CSM Counseling Services.

Throughout the day attendees will have an opportunity to visit the health and wellness center featuring complimentary; screenings, demonstrations and services.



"It is the goal of the Women's Fair to enhance attendees educational awareness of health and wellness, spiritual and financial well-being", Roberta Berry, 2010 Charles County Women's Fair Co-chair and Charles County Commission for Women member.

Seating is limited on Sat. Mar. 6 and the registration is required by Feb. 26, 2010. The fee is \$35.00 per person which includes continental breakfast, lunch, commemorative program and filled tote bag.

For more information and/or to request an attendee registration form or sponsor/exhibitor form, please contact Roberta Berry at (301) 638-1182 or e-mail berryconsulting@verizon.net, or call

Darlene Breck at 301-645-0525 or e-mail darlenebreck@gmail.com or visit www.charlescounty.org/ccw.

Please mail complete form and checks payable to: Charles County Women's Fair (CCWF) to: Attn: Vivian Warren, Treasurer, CCWF, 11200 Pastor's Place, Waldorf, MD 20601.

The Charles County Women's Fair is made possible by presenting sponsors: Charles County Commission for Women, Charles County Government, Civista Health, Inc, College of Southern Maryland, Elizabeth Ross, MD, Southern Maryland Newspapers, Southern Maryland Women's League, and Zonta Club of Charles County. Corporate sponsors, exhibitors, souvenir goodie bag items and door prizes are still being sought.

The mission of the Charles County Commission for Women is to advocate for women and families in Charles County by acting as a referral agency, encouraging volunteer programs, publicizing activities and services, encouraging education and job training, promoting public forums, publicizing newly passed legislation, promoting continuing equal opportunity and focusing on current family issues.

For more information regarding the Commission for Women, please visit www.charlescounty.org/ccw, write the Charles County Commission for Women, Charles County Government Building, P.O. Box 2150, La Plata, Maryland 20646 or email Elizabeth Benson at elizabeth.benson@faithrn.com.