

the AGENDA



LONG ISLAND WOMEN'S AGENDA

The Voice Of Long Island Women

Spring 2005

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www.LIWA.org

LONG ISLAND WOMEN IN CONVERSATION LIWA Launches Exciting New Program

by Debbi Honorof, VP Communications

As women, we wear many different hats and spend our days taking care of others, with very little time spent on ourselves. We're so busy with family, home and work that we often neglect our own needs. Especially during these challenging and changing times, we need to learn how to balance our lives so that we can renew, rejuvenate and nurture ourselves in order to continue to live our demanding and meaningful lives.

To answer these needs, LIWA announces a new monthly series, "Long Island Women in Conversation," intriguing sessions that will provide solid, practical solutions while at the same time allow women to share their experiences and wisdom with each other. Each month, guest facilitators will lead interactive sessions that focus on different topics.

The discussions will take place on week-nights from 6:00 to 8:00 PM at various locations throughout Long Island. Attendees are encouraged to bring a "brown bag" dinner, with coffee and dessert provided by the host venue. The sessions are free and open to the public, but seating is limited and pre-registration is required. LIWA members will receive registration priority. For more information about LIWA membership, visit the LIWA website at www.LIWA.org

News 12 anchor Judy Martin is the guest facilitator for the first session, "Practical Chaos: Consuming the Chaos of the Moment in Life and Business." Those of you who attended the LIWA Women's Conference in Port Washington last February will remember

Judy's wonderful presentation. Judy is an Emmy award-winning television and national radio journalist. The second program, "Building Your Own Personal & Professional Support Network," features another popular speaker from the Women's Conference: Sue Fredericks, president of On Purpose. Sue is a life coach and has been inspiring women on Long Island for many years.

Check the website and your local newspapers for additional programs. LIWA members are encouraged to suggest topics for future sessions. Please send an e-mail with your suggestions to info@LIWA.org.

Long Island Women in Conversation



Thursday, April 7, 2005 — 6 - 8 pm

**TOPIC: "Practical Chaos:
Consuming the Chaos of the
Moment in Life and Business"**

Guest Facilitator: Judy Martin

Location: The Bristal at North Hills



Wednesday, May 11, 2005 — 6 - 8 pm

**TOPIC: "Building Your Own
Personal & Professional Support Network"**

Guest Facilitator: Sue Fredericks

Location: The Bristal at East Meadow

Free; registration required

To register, call 516/677-LIWA or e-mail info@LIWA.org