



FOR IMMEDIATE RELEASE
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Omega to Host Women & Power Conference

Focus on 'Connecting Across the Generations'

RHINEBECK, NY – The power of women has never been more in the spotlight, as recent articles in *O Magazine* and the *New York Times Sunday Magazine* have highlighted women's contributions, and recognized the global benefits of supporting women and girls throughout all generations and cultures. Against this backdrop, Omega Institute will hold its 8th annual women's conference titled ***Women & Power: Connecting Across the Generations***, **September 11-13, 2009** on Omega's Rhinebeck, New York campus.

The weekend event will offer uplifting speeches, panel discussions, and entertainment from more than 35 groundbreaking women across several generations. Featured women include feminist icon **Gloria Steinem**, White House correspondent **Helen Thomas**, acclaimed recording artist **Natalie Merchant**, Olympic gold medalists **Jessica Mendoza** and **Angela Hucles**, the youngest woman to receive the MacArthur Genius Fellowship **Lateefah Simon**, award-winning novelist **Isabel Allende**, Afghan women's advocate **Sakena Yacobi**, and Native American youth activist **Alberta Nells**.

"For the past seven years, Omega's annual women's conference has facilitated important conversations among women from all corners of the globe and all walks of life – ranging from some of the world's most powerful women, to some of its most disadvantaged," said Carla Goldstein, director of the Women's Institute at Omega. "Through gatherings such as this we build bridges and provide empowering perspectives and tools for making a difference in one's home, workplace, community, and our shared world. This year we are bringing together brilliant women of all ages to share their lessons learned and to think creatively about how to address the big questions facing women today."

Keynote talks, workshops, and shared meals will offer conference participants a unique opportunity to join a diverse community of women who are redefining power all over the world. Workshop options include topics such as, *7 Strengths We Inherit From Our Mothers & Grandmothers*, *Blogging Demystified*, *Orchestrating Our Lives: Work, Home & Self-Care*, *The New Sisterhood: Stabilizing an Insecure World*, and more.

Live blogging will be taking place throughout the conference, and will be facilitated by conference partners *Feministing.com*, *Women's Radio*, and *World Pulse Magazine*. Additional partners include the Women's Sports Foundation and *Feminist.com*.

Thanks to the generous support Omega receives from donors, annual contributions, and scholarship sponsors, 100 full scholarships have been granted – allowing young women leaders who are economically challenged to attend the gathering. Omega also offers a 20

percent tuition discount for full-time students, people over 60 years of age, and those who register with a friend.

A complete list of faculty and scheduled events can be viewed at **eOmega.org/wi-power**. To register please visit the website or call 800.944.1001. A limited number of media passes are available. Please contact Chrissa Pullicino at 845.266.4444, ext. 233 if you would like to cover the event.

About Omega Institute for Holistic Studies

Founded in 1977, Omega Institute for Holistic Studies is the nation's most trusted source for wellness and personal growth. As a nonprofit organization, Omega offers diverse and innovative educational experiences that inspire an integrated approach to personal and social change. Located on 195 acres in the beautiful Hudson Valley, Omega welcomes more than 23,000 people to its workshops, conferences, and retreats in Rhinebeck, New York and at exceptional locations around the world. eOmega.org

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