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Women 4 Women announces February session for the Women Who Achieve Series presented by PNC

LOUISVILLE, Ky. (January 28, 2013) On Wednesday, Feb. 6, Women 4 Women will host the second Women Who Achieve Series event, presented by PNC. This event, *The Venus Effect*, is designed to help women better understand the effect hormones have on mood, metabolism and performance and how to replicate the 'recipe' that leads to optimal engagement in their personal and professional lives.

Rebecca Booth, M.D., author of the *The Venus Week: Discover the Powerful Secret of Your Cycle...At Any Age*, and OB/GYN with Women First of Louisville is the speaker for the event.

Dr. Booth, one of Louisville's most cutting edge doctors, treats over 90 patients a week and serves the community by speaking to organizations about female health issues and hormonal challenges. Recognized as a leader in women's health, Dr. Booth has appeared on *The Today Show* to discuss the Venus Week and has been quoted in *O: The Oprah Magazine*, *Redbook*, *Shape*, *Seventeen*, *Natural Health*, *Men's Health*, *First*, *Chicago Tribune*, *Dallas Morning News* and on *CBS.com*. She is a featured blogger in *The Huffington Post*, is co-founder of the VENEFFECT skin care line and she has also been published in medical journals on topics that include preventative health care for women, menopause and hormonal management.

"Most women notice that monthly, as if by magic, they have a group of days in which they look better, feel better, and respond better to the world around them. This cache of days, which happens around the same time each month, is what I have come to call the Venus Week," says Dr. Booth. "I am passionate about helping women learn to naturally manage their hormones so they can be their best all month and all life long."

All of the Women Who Achieve series events will focus on one of the four key areas of the Women 4 Women Economic Self-Sufficiency Model – Education & Leadership, Social Change & Single-Parent Economy, Jobs & Earnings and Health & Safety. Women 4 Women believes these areas, when developed help contribute to a woman's ability to be self-sufficient.

“This session is designed to help women learn more about their bodies and how they have the ability to create personal optimization,” says Cara Baribeau, interim executive director for Women 4 Women. “We are excited to have a nationally recognized expert from Louisville offer this event to the community.”

This session is sponsored by Kroger and will be held at the Kroger St. Matthew’s Catering Hall. Event registration is \$20 for Join 4 A Voice members and \$30 for non-members. This session is also eligible for the free event incentive available for Join 4 A Voice members. Doors open at 5 p.m. and the session will run 5:30 to 7 p.m. To register, visit <http://w4w.org/women-who-achieve/registration>.

About Women 4 Women

Women 4 Women is a non-profit organization dedicated to improving the lives of women and girls in the Louisville community through grantmaking. The organization strives to empower women and girls through the Women 4 Women Economic Self-Sufficiency Model which focuses on four key areas: Education & Leadership, Social Change & Single-Parent Economy, Jobs & Earnings and Health & Safety. By encouraging women (and men!) to collectively pool their fundraising dollars with Women 4 Women, we can make grants with greater impact in these crucial areas of need for women and girls in Louisville. Women 4 Women believes that by empowering women and girls we are empowering entire family units that will have a lasting impact on our community and future generations.

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