

Community News

FOR IMMEDIATE RELEASE

Atlantic City, NJ – New Jersey woman business owner and author, Sandy Spadaro has been announced as a guest speaker at the **2008 Governor's Conference for Women**, hosted by the New Jersey Department of Community Affairs and sponsored by an array of women-owned business supporters including Wachovia, Pfizer, Cablevision and PNC Bank. Spadaro will participate in one of the many breakout sessions on **March 5th at the Atlantic City Convention Center in Atlantic City**. The topic entitled "Be Your Best Without Stress — Don't Let Stress Get the Best of You!" will be featured on Track 3 under the Balanced Living category heading. Panel discussion format includes an entertaining workshop session of Stress Relief exercises, presented with humor, insights and wisdom. Recognizing signs and patterns of stress can help break the stress cycle and allow for continued success, both personal and professional. Spadaro is the **Vice President of Programs for NAWBO** (National Association of Women Business Owners)-South Jersey Chapter, and is a featured speaker with **The Professional Woman Network** and their foreign liaison, Les Femmes d'Enterprises Mondiales. Additionally she's a contributing author of the international book release entitled **Overcoming the SuperWoman Syndrome which will be made available at the conference by Barnes & Noble.**

More About Spadaro: As a published author, trainer and marketing advisor, Sandy Spadaro is an enthusiastic advocate of women's issues, empowerment and skills development, both personal and professional. Her workshops, presentations and written material have impacted conference and forum audiences across the country. More information on www.ssmarketingsolutions.com.

Conference Information: The theme of the 2008 Governor's Conference for Women is "**Taking Charge.**" This year we will provide women with insight on how to stay happy and healthy, and how to take charge for a more balanced life. Highlights of the many special events and sessions planned for the 2008 Governor's Conference for Women can be found on <http://www.state.nj.us/dca/2008womenconf/>

NEWS FACTS:

- **Event held March 5th, 2008 at the Atlantic City Convention Center in AC**
- **Event hosted by the New Jersey Department of Community Affairs**
- **Keynote Appearances by Jon Corzine, Suzy Orman and Naomi Judd**

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