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PRESS RELEASE
For Immediate Release
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Women's Wisdom and Wellness @ WDIY
Afternoon Dedicated to Empowerment and Well-Being, Proceeds to Benefit WDIY

Bethlehem, Pa. – “Women’s Wisdom and Wellness” will bring together women from around the Lehigh Valley for an interactive program of holistic wellness education for mind, body and spirit. Helene Leonetti, M.D. and Tahya will facilitate this event, which will take place Sunday, **November 23, 2008 from 1:00 p.m. to 4:00 p.m.** in WDIY Studios’ Community Room, 301 Broadway, Bethlehem, Pa.

Women’s Wisdom and Wellness is a program co-created by Tahya and Dr. Leonetti, built around their idea that “self esteem is the source of feminine evolution.” Through this afternoon of self-expression, movement and relaxation, the duo hopes to provide insight into true feminine well-being and empowerment.

Tahya teaches and performs traditional drumming, Middle Eastern dance and other creative arts with a focus on healing and women’s culture. She is certified by the American Council on Exercise. See www.tahya.com for more information.

Dedicated to women’s health, Dr. Leonetti is an accredited herbalist and a physician, board certified in both Obstetrics and Gynecology and Holistic Medicine. She is also the author of *Menopause: A Spiritual Renaissance* and co-author of two other books. See www.HeleneBLeonettiMD.com for more information.

A portion of the proceeds from this event benefit WDIY, Lehigh Valley Community Public Radio. To register, call 610-694-8100.

WDIY is a listener-supported community public radio station, providing the Lehigh Valley with NPR programming, locally produced news and information programs and a variety of music programs. The station is heard on WDIY 88.1 FM Allentown/Bethlehem, 93.7 FM Fogelsville/Trexlerstown, 93.9 FM Easton/Phillipsburg and streaming at www.wdiy.org.

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