

**AS FAMILIES ACROSS THE U.S. FACE ECONOMIC HARDSHIP
WOMEN RECEIVE HOPE & INSPIRATION
AT NATION'S LARGEST LIVE EVENT FOR WOMEN
COMING TO SACRAMENTO, CA DECEMBER 4 & 5**

GMA COMEDY CONTRIBUTOR & YOUTUBE SENSATION ANITA RENFROE, GRAMMY NOMINEE & "AMERICAN IDOL" FINALIST MANDISA, LISA WHELCHER FROM TV'S "FACTS OF LIFE" & POWERFUL LINE-UP SPEAK, PERFORM & ENCOURAGE

With families across the nation struggling, facing economic hard times and dealing with over **2.6 Million job losses in 2008** and **record home foreclosures which skyrocketed 81% in 2008 (1 in every 54 housing units in the U.S.)**, women are under more pressure than ever before. With the weight of the world on their shoulders they are being stretched to make ends meet to keep a roof over their families' heads as they juggle jobs and children. In these challenging times, they are turning to the Nation's Largest Live Event for Women, which has attracted more than 4 Million women from across the country and which focuses on providing women with hope and inspiration.

Women of Faith's 2009 Tour A GRAND NEW DAY will hit Sacramento on December 4-5 at the Arco Arena--where nearly 14,500 women are expected to gather from Sacramento and the surrounding areas for a much-needed opportunity to connect and be inspired as a diverse array of musical artists, authors, and performers take the stage in a weekend designed to offer them renewed strength and hope as they forge ahead.

The Women of Faith event will bring together thousands of women in **the nation's largest scale experience connecting women from all walks of life in a deep and meaningful way** – focused on helping them thrive in the face of the real, shared challenges they confront every day.

Independent studies by **Harvard Medical School** and **UCLA** both confirm that women who have more female friends in whom they can confide are less likely to develop health problems as they age, take less time to recover from trauma, and lower their risk of early death. *According to Harvard Medical School, not having close friends (or confidantes), could be as detrimental to a woman's health as smoking or obesity.* Numerous experts recommend **female friendship as a stress reducer** – essential in this Recession when women are facing high levels of stress at work and at home. A recent UCLA study revealed that when women connect with other women, they release oxytocin - a hormone that counteracts stress and produces a calming effect.

The women who mentor and lead the events as speakers also embody the deep female connections forged at the events as many have been friends and colleagues for 14 years on the **Women of Faith** tour criss-crossing the nation together for over a decade and supporting each other through life's ups and downs. The friendships of a few speakers span nearly three decades.

The Sacramento event will feature a diverse line-up of musical artists, speakers and special guests, including **GMA Comedy Contributor & YouTube Sensation** Anita Renfroe, **GRAMMY Nominee & "American Idol" break-out finalist** Mandisa, Lisa Whelchel from TV's popular show "Facts of Life," and Nicole C. Mullen, music artist and 8-time Dove award winner.

Throughout the 2-day event, women join together to experience music, comedy, drama and inspirational stories that leave a powerful, lasting mark on the lives of the women who participate. Women of Faith has been going strong since 1996 and has a proven track record as the Nation's Largest Women's Conference.

Registrations sell quickly and well in advance of the event. They are available and can be ordered on www.womenoffaith.com or by calling 888-49-FAITH.

Who: Women of Faith
Where: Arco Arena, Sacramento, CA
When: December 4-5, 2009

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