

NEWS RELEASE

September 16, 2004

Contact: Laura Davis 913-758-6308

E-mail: DavisL@stmary.edu



Great Granddaughter of “Unsinkable” Molly Brown Headlines University of Saint Mary WomanSpirit Conference

Saturday, Oct. 16, 2004

(Leavenworth, Kan.)—Helen Benziger McKinney, the great granddaughter of the “Unsinkable” Molly Brown, will be the opening speaker for WomanSpirit 2004 being held from 8 a.m. to 1:30 p.m. on Saturday, Oct. 16 at the University of Saint Mary (USM), in Leavenworth, Kan. McKinney will headline a variety of seminars on topics of interest to women of all ages. A continental breakfast, lunch, free child care, presentations and exhibitor displays are all included in the \$35 registration fee. Bring a friend and pay just \$5 more.

WomanSpirit is an energizing annual conference for women that focuses on practical and meaningful aspects of cultivating the health of mind, body, and spirit. The program encourages women to make and take time for themselves from their busy, daily routines of family and/or career with the goal of returning refreshed and reinvigorated. The theme for this year’s seventh annual WomanSpirit is “Unsinkable Spirits, Remarkable Lives!”

Keynote speaker McKinney has spoken to numerous groups across the country over the past six years about her remarkable great grandmother, the colorful Titanic survivor who was the inspiration behind the hit musical, “*The Unsinkable Molly Brown*.” She will share the inspirational stories of women heroes leading the audience on a journey on ways to apply these experiences in their own lives.

Following McKinney, guest speaker Sister Constance Phelps, Ph.D., will challenge participants intellectually and spiritually as she discusses trends and demands on women today. Sr. Constance Phelps is General Councilor for the Sisters of Charity of Leavenworth.

Former KCTV 5 news anchor Valissa Smith will close the day of seminars with her presentation, “I Followed My Dream, Now What do I Do?” Smith will focus on choosing healthy goals for your career and personal life ending the day on a high note for WomanSpirit participants. Smith currently is co-owner of Vsquared Productions, Inc.

Throughout the day, attendees will have the opportunity to select from six other concurrent sessions. Topics include:

- Rx for friendship; Just what the doctor ordered;
- Raising your kids to let them go;
- Getting to the heart of the matter;
- Navigating financial issues for aging parents;
- The ideal me: Achieving ideal physical, emotional and sexual health;
- Hot topics in women’s medicine

- MORE -

WomanSpirit 2004

Page 2

In addition, exhibitors will have display booths and items of interest to women available for purchase.

“WomanSpirit is an important and exciting event which extends Saint Mary’s 145-year tradition of educating women by bringing them together to enhance their physical, mental and spiritual well being,” said USM President Sister Diane Steele. “Our beautiful campus, overlooking 240 majestic acres in southern Leavenworth, is the ideal setting to find a little inner peace and sanctum in a hectic and demanding world. Our conference introduces women to the holistic approach to healthcare and to education, which is cultivated and encouraged by the University of Saint Mary, a sponsored work of the Sisters of Charity of Leavenworth.”

WomanSpirit 2004 is co-sponsored by USM, The Citizens National Bank, Leavenworth, Kan. and Providence Health, Kansas City, Kan. This is the seventh year of the WomanSpirit program. The program began in 1998 as part of the 75th anniversary of Saint Mary College, which became the University of Saint Mary in 2003.

WomanSpirit participants must pre-register by contacting Sarah Lammers at LammerS@stmary.edu or by calling **913-758-6126**. Nurses and social workers can earn three contact hours credit for the program.

Additional information is available online at www.stmary.edu. The University of Saint Mary is located at 4100 South Fourth Street in Leavenworth, Kan.

###