

## **NEWS RELEASE**

**For Immediate Release**

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### **WOMEN'S BUSINESS NETWORK PRESENTS "WOMEN AND LEISURE"**

Maureen Dougherty, Ph.D., Recreation and Parks Management professor at Frostburg State University, will present "Women and Leisure: An Oxymoron or Unclaimed Opportunity?" at Dutch's Daughter Restaurant on Friday, June 6, 2008, from 11:30 am to 1:30 pm. Dr. Dougherty will discuss ways to identify, seize and enjoy leisure, balance it with your work and family, fit it into your lifetime planning, and restore your mental and physical health. The luncheon workshop is being hosted by the Women's Business Network of Frederick (WBN).

The luncheon is \$25 for members of the WBN, \$40 for non-members, and an additional \$5 for those registering at the door. For additional information about the event, contact Karen Justice, Program Chair, at 301-241-4720, or visit the WBN website: [www.wbnfrederick.org](http://www.wbnfrederick.org).

The Women's Business Network of Frederick is an organization of women business owners, entrepreneurs, and professionals who meet regularly to inform, encourage, and support women in their quest to grow their businesses. The organization is now accepting new members. For more information and a listing of upcoming events, visit the WBN website: [www.wbnfrederick.org](http://www.wbnfrederick.org).

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