

**For Immediate Release:**  
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### **YWCA Expo Promotes Financial and Physical Empowerment**

**BERGEN COUNTY**—More than 60 women enjoyed networking and a buffet dinner at the YWCA of Bergen County's Empowerment Expo on September 23<sup>rd</sup> at Van Dyk Park Place in Hawthorne. Hosted by Van Dyk Health Care, the event was designed to empower women to better manage their financial and physical well-being.

Guest speaker Caroline Gundeck, National Business Development Officer for Morgan Stanley Smith Barney, discussed "Financial Strategies during Challenging Economic Times", and Nancy Ellson, RN, MSN, APN, with the Center for Healthy Living at Holy Name Hospital, presented "The Top 10 List for Being a Well Woman." Attendees brought gently used business clothing, hotel toiletries and old cell phones, which will be donated to "Dress for Success", Greystone Psychiatric Hospital, and the YWCA Rape Crisis Center respectively.



**Photo #1: L to R:** Carol Hess, former member, YWCA Board of Trustees, and guest speaker Nancy Ellson, Center for Healthy Living at Holy Name Hospital.



**Photo #2: L to R:** Janet Stamato, guest speaker Caroline Gundeck, Debbie Richin, and Samantha Awad, all with Morgan Stanley Smith Barney.



**Photo #3: L to R:** Linda Murphy, Partner, Flackman, Goodman and Potter and member, YWCA Board of Directors; Mary Jo Kurtz, COO, Van Dyk Health Care Inc., and member, YWCA Board of Directors; and Pam Tokarczuk, Van Dyk Health Care Inc.

*(Photos courtesy of the YWCA of Bergen County Public Relations Department)*

### **About the YWCA of Bergen County**

The YWCA of Bergen County is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all. We are the area's largest provider of child care services, a recognized leader in health and fitness programs, and operator of the county's only Rape Crisis Center. Celebrating nearly a century of commitment to our community, today we improve the lives of thousands of women, girls, and their families. For more information, visit [www.ywcabergencounty.org](http://www.ywcabergencounty.org).

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