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**FOR IMMEDIATE RELEASE**

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**NAWBO HOSTS BODY AND BUSINESS WELLNESS EVENT TO HELP  
FIND PEACE OF MIND IN TOUGH ECONOMY**

*Chicago, Ill. – March, 2009* – While the demanding current economy increases pressures in the job market, the National Association of Women Business Owners (NAWBO) Chicago Chapter welcomes business women to take the night off to join its members in a relaxing evening of wellness education at the organization's first annual Wellness of Body and Business Event, taking place Thursday, March 26, 2009 from 4 – 8 p.m. at the Cape Horn Group, 55 W. Wacker, Suite 400.

The event will feature Dr. Bruno Cortis, a cardiologist for over 30 years, as the main speaker. Endorsed by Deepak Chopra and others, Dr. Cortis is author of the books *Heart and Soul* and the *Spiritual Heart*, and will speak to attendees about stress and its effects on the heart.

Also presented will be “30 Marketing Tips in 30 Minutes,” as well as sessions and speakers highlighting topics such as acupuncture, nutrition, fitness, feng shui and more. Participants will also have the opportunity to visit on-site exhibition booths for further information about services that benefit themselves and the wellness of their business.

The agenda for the evening is as follows:

4:00-4:30 p.m.	Registration, networking, exhibit tables
4:30-5:15 p.m.	Four 10-minute speakers
5:15-5:45 p.m.	Exhibit tables open
5:45-6:25 p.m.	“30 Marketing Tips in 30 Minutes”
6:30-7:30 p.m.	Dr. Bruno Cortis
7:30-8:00 p.m.	Networking, Exhibit tables open

Tickets for the event are \$40 for members and \$80 for non-members and are available at [www.NAWBOChicago.org](http://www.NAWBOChicago.org) or by calling NAWBO Chicago at 312-609-1300.

**About the National Association of Women Business Owners--Chicago Area Chapter:**

Founded in 1978, the National Association of Women Business Owners--Chicago Area Chapter is dedicated to propelling women entrepreneurs into economic, social, and political spheres of power. With more than 600 members, the chapter is one of the largest National Association of Women Business Owners groups in the country.

**Sponsored by:**

National Association of Women Business Owners – Chicago Area Chapter, Sam’s Club, Argo Tea and the Cape Horn Group.

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