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**PENNSYLVANIA CONFERENCE FOR WOMEN FOCUSES ON COURAGE,
COMMUNITY, AND WORKPLACES THAT PRIORITIZE WELLBEING**

PHILADELPHIA—Oct. 6, 2022 – If the largest conference for women in Pennsylvania is an indication of what women are focused on in 2022, they are community, courage, and workplaces that support employee wellbeing.

“Women get braver as they get older,” said two-time Academy Award-winning actress Jane Fonda, who recently revealed that she is being treated for non-Hodgkin lymphoma. “Women are the fastest growing demographic in the world. There are more of us to start with. We live about five years longer than men. And one reason is we’re not afraid to say ‘I don’t feel well. I’m going to the doctor.’”

More than 9,000 people registered for the 2022 Pennsylvania Conference for Women, which for the first time is being held both in-person and virtually over two days in an effort to help women connect in whatever ways feel most comfortable to them now.

Today’s event, held at the Pennsylvania Convention Center, also featured award-winning actress, comedian, and producer Lily Tomlin; *Huffington Post* founder and Thrive founder and CEO Arianna Huffington; and actress, vegan foodie, and #1 *New York Times* best-selling Author, *Feeding the Soul* Tabitha Brown. **Photos are available on request.**

Friday’s virtual event will feature Dr. Kizzmekia S. Corbett, Ph.D., viral immunologist who led the team that created the Moderna COVID-19 vaccine, and health equity advocate; Marlee Matlin, Academy and Golden Globe Award-winning actress, best-selling author, and disability rights advocate; and Malala Yousafzai, Nobel Peace Prize-winner, advocate for girls’ education, and founder of the Malala Fund.

Addressing burnout Huffington said: “It is an epidemic. Almost 50 percent of women have called themselves burned out.” But she added, the good news is that workplaces are responding.

“There has been a seismic shift in how companies approach this issue,” Huffington said. “There is a huge prioritization right now of the well-being, mental health, and burnout avoidance of employees because companies have recognized that this is best for the business. It’s not just a warm and fuzzy thing to do for employees. Companies that prioritize the mental health of employees have less attrition, higher productivity, and lower health care costs.

“Even with economic headwinds we are seeing now, companies are still prioritizing well-being of employees,” Huffington added.

Tabitha Brown, who is on tour for her new book, *Cooking from the Spirit*, encouraged women to prioritize themselves, saying she focuses on “Me first, then family, then work.”

She added, “Work to me is a bonus. Life is the most important thing. When you get to the point you almost die, or others around you die, you realize that. I don’t let my business control me. I control my business.”

She also encouraged women to lean into their authenticity – saying her life turned around when she started showing up as her true self.”

A longtime advocate for gender equality, fitness, and climate action, Fonda encouraged women to get involved in climate action, saying:

“I think we all care about the future. I figure because I’m old and have cancer, I am going to do anything I possibly can. But for some people, it means using less energy and less water; biking or walking instead of driving; or joining an organization.”

She also urged people to consider climate change when voting, saying “We have to get people elected who work for people and not for companies.”

Fonda was joined by Livestream by her longtime friend, *Grace and Frankie* costar Lily Tomlin for a conversation about the importance of women’s friendship moderated by cultural commentator and author Aminatou Sow.

Sow praised them for being models of courage and citizenship at a time when many women are reconsidering their work life and relationships.

The theme for the 2022 Pennsylvania Conference for Women is “Reset. Renew. Reconnect” – recognizing the extraordinary challenges women have overcome in recent years and the power of coming together as a community of women supporting women.

The Pennsylvania Conference for Women is presented by Bristol Myers Squibb; and generously sponsored by Target; Cisco; Comcast NBCUniversal; Independence Blue Cross; Johnson & Johnson; PECO; Qurate Retail Group; United Airlines; AstraZeneca; Drexel LeBow College of Business; Jazz Pharmaceuticals; Macquarie Asset Management; Merck & Co., Inc., Troutman Pepper; Villanova School of Business; Children’s Hospital of Philadelphia; CMI Media Group and Compas, Inc.; Law Offices of Jennifer J. Riley; Oracle; Philadelphia Foundation; State Street Corporation; Takeda Pharmaceuticals; Temple Health; Thomas Jefferson University and Jefferson Health; and The Graduate School at West Chester University; community sponsors iRelaunch; Luminary; PowerToFly; and reachHIRE; and media sponsors Harvard Business Review - Women at Work; iHeartMedia Philadelphia; WHYY; and WPVI-TV, 6abc Philadelphia.

The Pennsylvania Conference for Women is part of the Conferences for Women, the largest network of women’s conferences in the nation. Its conferences in Pennsylvania, California, Massachusetts, and Texas attract more than 50,000 people a year.

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