

'09 ANNUAL Women's Challenge: MIND, BODY & SPIRIT RETREAT

October 8-12, 2009
Montego Bay, Jamaica



Tuesday, July 21, 2009

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FOR IMMEDIATE RELEASE:

Event Title: The Women's Challenge AND Jamal Mack Presents "Soul Sounds"—A Night of Poetry & Neo-Soul Music

When: Friday, July 31 2009

Where: Bliss Coffee & Wine Bar

Address: 1402 Handlir Drive, Bel Air, MD 21015

EventsbyLORRAINEbaileycarter,LLC and Jamal Mack have joined forces to present "Soul Sounds"; an inspiring evening filled with thought and emotion provoking spoken word, neo-soul music, and comedy. Bliss Coffee & Wine Bar; a woman-owned restaurant and current sponsor for the Women's Challenge: Mind, Body & Spirit Retreat is the backdrop for this evening of soulful entertainment. With a full, dinner menu, and extensive wine & coffee bar, it is the perfect compliment to the sultry and soulful sounds of the event. A portion of the proceeds will be donated to two of our Non-profit Sponsors.

Non-Profit Sponsors:

Tamika and Friends, and *Words to Live By*. *Tamika and Friends* is a community based non-profit organization with a mission to spread cervical cancer awareness and its links to HPV (human papillomavirus). *Words to Live By* is a non-profit organization specializing in life coaching, community workshops and the manufacturing and distribution of inspirational message tees that promote the fight against Domestic Violence.

Featured Entertainers:

Rebecca Dupas- Host of "Soul Sounds" and renowned Poet. Rebecca is also currently the Host of VERBATIMondays in Baltimore, Maryland and Onemic.tv on poetology.com.

Krystleest- A well known Baltimorean, and Neo-soul/ R&B singer. She has performed at Artscape, AFRAM, and recently Eubie Blake and 5 Seasons.

13 of Nazareth (aka Marquis Mix) - Spoken Word extraordinaire, 13 of Nazareth has been requested to display his talents in venues from Los Angeles to London.

Bassey Ikpi- Poet, Performer, and Writer. Bassey has opened up for Soria Sanchez, Niki Giovanni, India Arie, and Alicia Keys. Bassey also starred in 5 seasons of Russell Simmons Def Poetry Jam.

Additional information will be given pertaining to the Women's Challenge: Mind, Body and Spirit Health and Wellness Retreat.

Cover Charge: \$20 per person (advance ticket) includes all entertainment; (\$25 at the door).

For more information call 410.688.0232 or visit www.womenschallenge.net. Tickets can be purchased online at <http://www.brownpapertickets.com>.

Note: The Women's' Challenge is a vision to creatively challenge today's women, enriching their lives through interactive seminars and events focused on educating women.

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