



YMCA of Metropolitan Washington

We build strong kids, strong families, strong communities.

SPIRITUAL LIFE COACH, REV. IYANLA VANZANT TO SPEAK AT YMCA BENEFIT LUNCHEON HONORING TOP WOMEN LEADERS

WJLA News Anchor Leon Harris to Host Fifth Annual Signature Event

WHO: YMCA of Metropolitan Washington D.C. Branches

WHAT: Fifth Annual First Ladies Benefit Luncheon honoring First Ladies of Distinction. The annual event celebrates the achievements of exceptional women leaders in the community committed to improving the lives of children and their families across the nation. Proceeds from this benefit provide financial assistance and scholarships for families who otherwise could not participate in YMCA programs and initiatives including after school care, wellness and camp. The 2008 Honorees are:

First Ladies of Distinction Pinnacle Award: Reverend Iyanla Vanzant, noted author, television host, entrepreneur and spiritual life coach.

First Ladies of Distinction Leadership Award: Dr. Roselyn Payne Epps, first African American president of the American Medical Women's Association and first African American woman president of the Medical Society of the District of Columbia

First Ladies of Distinction Pioneer Award: Vernice Armour, the first African American female combat pilot in the United States.

First Ladies of Distinction Visionary Award: Lisa M. Tate, Chief Executive of WomenHeart: The National Coalition for Women with Heart Disease—the only patient advocacy organization for the 8 million women with heart disease.

First Ladies of Distinction Community Achievement Award: Aisha Karima, Director of Community Affairs, NBC4 Television and founder of the area's largest health fair, NBC 4 Health and Fitness Expo, now in its 15th year.

First Ladies of Distinction Corporate Partnership Award: Amy Vongpitaka, President Amy's Orchids—major sponsor and supporter of the YMCA First Ladies Annual Benefit Luncheon, providing more than 1800 orchids from Thailand for luncheon guests.

WHEN: Tuesday, October 7, 2008
Reception and Silent Auction: 11:00 a.m.

Luncheon and Awards Ceremony: Noon

WHERE: Renaissance Hotel
Grand Ballroom
999 9th St. NW
Washington, DC 20001

COST: \$125 per person (Tax deductible: \$80 per ticket)
To purchase tickets, contact Marsha Smith: 202- 369-8059 or e-mail:
firstladies@ymcadc.org **(FOR PUBLICATION)**