



The Beautiful Woman Inside and Out Conference Launches in The MD/DC/VA Metro Area To Celebrate The Whole Woman

The Beautiful Woman Inside & Out Conference, a national event launching March 19, 2011, will celebrate and pamper women, while arming them with information from the country's top wellness experts -- the day will be filled with interactive conversations, hands on demonstrations, head-to-toe makeovers -- and lots of surprises.

March 4, 2011 (Bowie, MD) — Understanding the complexities of women is a crucial factor in their improved health. That's why the COSHAR Foundation and its partners have embarked on an innovative program that will launch on March 19, 2011 in Prince George's County, combining concepts of health and wellness with fashion, beauty and cosmetics, all in an effort to raise awareness, dispel myths and give women the tools to enhance both their physical health and appearance -- *The Beautiful Woman Inside and Out Conference*.

This day-long, high energy event will feature leading health and wellness experts, including dermatologists, primary care physicians, plastic and weight loss surgeons, fashion experts and celebrity makeup artists and hair stylists. Attendees will also be treated to luxurious door prizes and raffle items, breakfast and lunch, entertainment, and lots of surprises.

“This unique event, essentially a “gala” of health/wellness and beauty for women, is designed to educate, empower and equip women to live their BEST lives,” said Dr. Sharon Allison-Ottey, nationally recognized speaker, author, health advocate and executive director of The COSHAR Foundation. “We are well aware of the health disparities that plague all women, and particularly women of color. Our objective is to address the ‘whole’ woman, and to help women make informed choices about their inner and outer beauty. This event is not limited to one demographic, age or race--- it is for ALL women!

There can be no doubt that women are driven by perceived beauty and the maintenance of that beauty.

“It is a fallacy that women are somehow less motivated by external beauty,” says Leonard Weather Jr, MD President of the National Medical Association. “I have seen it for more than 30 years in practice. The concept of merging outer and inner beauty is one that will resound with women around the country.”

While this unique and groundbreaking initiative will launch in Prince George's County, Maryland, it will welcome women from the entire Metro area and beyond; this will be the start of a national program, making stops in Atlanta, Los Angeles, Charlotte and Chicago. Women will NEVER be the same!

A portion of the proceeds from this event will be donated to fight breast cancer and domestic violence. The conference is open to sponsors, vendors and authors; for more information, visit the foundation's website at www.beautifulwomaninsideandout.com to register (pre-registration is required) and to nominate a woman (self nominations allowed) for the “**Head to Toe**” makeover.

The COSHAR Foundation is a 501 3 c organization focused on health/wellness of communities. The headquarters is located at 10111 MLK Hwy Suite 117 Bowie, Maryland 20720. Reach the foundation at (301) 773-4811 or fax at (301) 731 8808.