



**For Immediate Release**

**Contact: Terry Spicer, CEO, Epiphany PR, LLC of NC  
& BWIO Publicist & Event Management  
(919) 803-6070  
[www.beautifulwomaninsideandout.com](http://www.beautifulwomaninsideandout.com)  
Email: [twspicer@epiphanyprnc.com](mailto:twspicer@epiphanyprnc.com)**

**The Beautiful Woman Inside And Out Conference Set to Hit Raleigh, NC**

**Raleigh, NC – (October 8, 2012)** A unique, life changing and empowering conference is headed to the Raleigh/Durham area and is challenging women to take time for themselves to ensure their personal “beauty.” The *Beautiful Woman Inside and Out Conference™* will convene in Raleigh on Saturday, October 27, 2012 at the downtown Sheraton Hotel located at 421 South Salisbury Street for a full day of uplift, workshops with nationally recognized and engaging speakers that all contribute to the celebration of women’s beauty, fashion, health/wellness, fitness and professionalism. This extraordinary showcase of life changing education, empowerment and inspiration is the vision and life mission of Dr. Sharon Allison-Ottey, the founder.

She stated, “I developed “*Beautiful Woman Inside and Out™*” as a result of my passion and continued lifelong mission to provide women with the tools that are necessary to successfully navigate through life. I embrace womanhood and think that we should take time for ourselves, learn more about the inner beauty that we all have and also develop the regimen that will enhance our outer beauty. I dare women to take the time for themselves they will not regret it.”

An energetic and engaging speaker, author, health educator/physician and health strategist/consultant, Dr. Sharon passionately advocates for women and offers information in a way that women around the country readily embrace. She is a media personality with an extensive presence in television, radio and print and is one of the nation’s most influential physicians and health advocates. However, Dr. Sharon, as she is affectionately known, has never left her North Carolina roots. “I say all over the country that I am a proud North Carolina girl! I was raised in Kannapolis and attended college at North Carolina Central in Durham and medical school at East Carolina University. I am coming HOME; last year we were in Charlotte and now in Raleigh and I am so excited!” said Dr. Sharon. Her alma mater, East Carolina University is honoring her as one of the Outstanding Alumni of the year for 2012; she graduated from the ECU School of Medicine.

Dr. Sharon is one of the fabulous speakers for this year’s event, however, she will also bring outstanding, nationally recognized speakers to Raleigh that share her commitment to the uplift, empowerment and education of women from their various areas of expertise. Additionally, *Beautiful Woman Inside and Out™* is proud to announce a dynamic slate of Honorary Co-Chairs from the Triangle that have joined alliance with the Conference including **Pastor Brenda Timberlake, Sr. Pastor of Christian Faith Center; Peggy Tatum, CEO and Editor of TCP Magazine; Kim Burke, CEO of The Burke Learning Center and President of The Raleigh African American Chamber of Commerce; Nancy Nguyen, Entrepreneur and Author of The Networking Diary; First Lady Mia Wilson of Christ Family Church and Pastor James D. Corbett of Community Christian Church.**

Countless women from near and far will excitedly assemble, bear witness and lend their willing hearts and ears to world class industry experts that will lift their collective voices from the platform to deliver explosive presentations of impact that will transform, reconfigure and thoroughly prepare participants to take the necessary steps to maximize their best lives; ***Inside and out!*** The Conference is excited to announce the launch of ***“Becoming A Beautiful Woman Inside and Out™”***, an initiative for girls ages 12-17 who will be given age appropriate tools for successfully transitioning through their young years into an incredibly productive and successful woman. *“I believe that we must INFUSE our young women with information and pride that will foster and grow their self esteem. The purpose of “Becoming a Beautiful Woman Inside and Out™” is to challenge our young ladies in an engaging, entertaining and age appropriate manner to embrace their intelligence, foster their femininity, build their strength and help shape their character. This is accomplished by celebrating them, motivating them by successful examples and yes by pampering them; and that is what we are going to do!”* said Dr. Sharon.

The ***“Beautiful Woman Inside and Out™”*** conference has partnered with numerous organizations, including The **COSHAR Foundation**. The Foundation has a commitment to empowering communities all across the country and has hosted several events in North Carolina. In honor of Breast Cancer Awareness month, several women from **The Sister Network Triangle NC Chapter** will receive mini makeovers to remind them of their “Inner and Outer Beauty” through the rigors of breast cancer. A portion of the proceeds from this event will go to breast cancer and domestic violence organizations.

Dr. Sharon will speak and host this conference but she is bringing together other outstanding speakers from the world of beauty, fashion, health and business. The lineup of speakers is phenomenal and includes:

- **Robert Ferguson, MS, CN; Nutritionist and Fitness Expert & The People’s Fat Loss Coach**
  - **National media personality and author of DIET-FREE FOR LIFE.**
- **Kym Lee, Celebrity Makeup; The Artist Extraordinaire**
  - **Lead makeup artist for Black Entertainment Television (BET), and most recently the lead makeup artist for the movie Sparkle. Ms. Lee has been the makeup artist for countless celebrities including Whitney Houston, Angela Bassett, Kerri Washington, Paula Patton and more.**
- **Wendy Bryant Gow, The Image Creator and Refiner; Image Consultant & Stylist with Lily Winston Firm**
  - **She is a founding Board Member of the newly formed Raleigh Fashion Association.**
- **Jacqueline Tarrant, Haircare Expert & Columnist; The Restorer of The Crown**
  - **She is the author of “Healthy Hair Rehab”; truly an insider’s guide to identify the 3 key steps to the best hair at any age.**
- **Tina Moore Brown, Fitness Expert; The Fitness Choreographer**
  - **CEO of Dance N2 Shape and innovative creator of K.I.S.S. (Keep It Sexy Sista) which empowers women in Raleigh/Durham to value themselves, boost their self esteem and remain appealing while improving their mental, emotional and physical wellbeing.**
- **Camille Allen, Dean of the “Becoming A Beautiful Woman Inside and Out™” Conference**
  - **CEO of Callen Creative Solutions™. In a short time, her brand has expanded into speaking, authoring, and training through Callen Charm School™, a charm school for business that teaches confidence, clear communications and customer care.**

The event is filled with luxurious gifts, breakfast and lunch, vendors and special surprises throughout the day. The attendees will be entertained by the Comedic Genius of Rod Allison aka “Rod of God” and incredible musical entertainment rendered by Wanda Michael, saxophone soloist.

*“I can tell you that we’ve held this event across the country and everywhere that we’ve been the women have walked away speechless. I promise you that you’ve never been to an event like **“Beautiful Woman Inside and Out.™”** YOU deserve to treat yourself to a day just for YOU! I challenge men to register the women in their lives that are important to them and for parents, aunts, uncles and others to register young women that they want to see succeed. I look forward to seeing my “home girls” at this event,”* said Dr. Sharon.

Vendor opportunities are available but going fast! Contact Terry Spicer at 919-803-6070 for more information.