



FOR IMMEDIATE RELEASE

SAN DIEGO, CA, July 19, 2023 – Not Your Mama's Conference, a groundbreaking event in women's empowerment, will make its mark at the Paradise Point Resort in San Diego, CA from October 13-15, 2023.

This transformative event is set to redefine what it means to nurture the self while balancing professional, personal, and familial responsibilities. Not Your Mama's Conference (NYMC) invites women from all walks of life to join this three-day immersive event. It promises to foster empowerment and growth in a supportive, dynamic environment.

The NYMC is a first of its kind, focusing not just on the professional achievements of women, but also emphasizing the significance of personal health and well-being. The conference's itinerary offers a wide variety of workshops, presentations, and panel discussions, all aimed at helping attendees shape a holistic lifestyle.

"Women wear many hats. We are professionals, mothers, partners, daughters, friends, and caretakers, often prioritizing others before ourselves," said the NYMC organizers. "Not Your Mama's Conference is a chance for women to focus on themselves and discover strategies for creating a balanced, fulfilling life. It's about prioritizing self-care and self-growth while juggling multiple responsibilities."

The NYMC encourages women to be unapologetically themselves, to celebrate their individuality, and to learn how to successfully navigate the demanding terrains of work, home, and personal life. With the idyllic Paradise Point Resort as a backdrop, attendees can expect an uplifting, refreshing getaway experience coupled with a transformative learning journey.

High-profile keynote speakers, industry leaders, and lifestyle experts are scheduled to share their unique perspectives on women's empowerment and self-care. Attendees will learn effective techniques for setting healthy boundaries, maximizing productivity, nurturing mental and physical health, and creating a more whole and balanced "you".

Early bird registration is open now, with discounts available until August 31st. Included in the conference fee are all sessions, general admission bracelet, as well as a Not Your Mama's Swag Bag. Attendees can take advantage of the beautiful Paradise Point Resort amenities, with accommodation packages available at discounted rates.

About Not Your Mama's Conference: The Not Your Mama's Conference is a groundbreaking event empowering women to redefine their priorities and lifestyles. It provides a platform for women to connect, learn, and grow in a supportive environment, helping them better manage the demands of work, family, and personal life.

For more information and to register, visit www.notyourmamasconference.com or connect with us on social media @NYMConference.