



## **Bloomin' Boomers Headed to Daytona Beach for Spring Break**

*This trail-blazing event is being created to offer mature women a total empowerment experience.*

Orlando, FL, March 06, 2008 --(PR.com)-- Baby Boomer Actress Bern Nadette Stanis will join women from around the country as they converge on Daytona Beach, Florida April 18-20, 2008 for what is being dubbed as the Ain't No Stoppin' Us Now Baby Boomer Girlfriends' Spring Break. Ms. Stanis, who is best known for her role as Thelma on the TV sitcom, Good Times, will be the keynote speaker during a Girlfriends Luncheon on Saturday, April 19.

This trail-blazing three-day affair is the brainchild of baby boomer author Beverly Mahone of North Carolina, who says she wanted to create the type of event that would offer mature women a total empowerment experience. "It's a huge undertaking for one person but I am so committed to the idea of bringing together a diverse group of women, over 40, for a weekend where we can throw caution to the wind and do something just for us."

Mahone says the weekend will be filled with lots of activities including a boomer marketplace, pamper me mini-spas, makeovers, aerobics and an awards luncheon honoring 12 dynamic boomer divas. There will also be karaoke and dance contests as well as workshops on topics such as Caring for Aging Parents; Marketing Your Business; Shifting your Career Gears, Looking Fabulous after 40, 50 or 60, Doing Business on the Internet, etc.

The taping of a Town Hall Meeting entitled Boomer Women: Having Our Say, with PBS Station WCEU-TV15, is also on tap for the weekend. But the highlight of the weekend, according to Mahone, will be the Over 40 Girlfriends Pa-Jamming Party Saturday night.

Although she had no operating budget to speak of, she says she is thankful for having friends who also share her vision. Mahone says, "I literally had no working capital when I started putting this plan together last year, but with the help of my wonderful husband and some trusted friends who share my vision, along with a whole lot of faith, my dream is getting ready to become a reality."

How many people does she expect to attend? She says, "Whether there are 50 women or 500 there, we are still going to party like it's 1979!" She adds, the Ain't No Stoppin Us Now theme is appropriate because "many women in my age group are meeting challenges head on and we're not letting a little thing like menopause and growing older slow us down. And just like the song says, "we're definitely on the move!"

Ms. Mahone is available for interviews and can be reached at 301-356-6280. For more details about the Girlfriends Spring Break, please visit her website: <http://www.enjoyyourmenopause.com>

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