

Living Well 4 Life Foundation to Host “Space for Her” Women’s Conference in Bridgeton, NJ from July 15-17, 2022

The “Space for Her” conference will provide resources and connections for women to help them achieve emotional, physical, spiritual, and professional balance in this often challenging time.

The last year has been a rough one for many women, filled with unexpected changes, added responsibilities, health concerns, job instability, and much more. Fortunately, the power to network and help each other survive, rise, and shine is something that is quite the priority for some very driven organizations. One of the forces leading the way is the non-profit organization Living Well 4 Life Foundation.

With Covid restrictions beginning to relax, Living Well 4 Life Foundation is happy to announce its official event, the “Space for Her” Women’s Conference. A combination in-person and virtual event, “Space for Her,” will be held at All the Nations Church in Bridgeton, NJ from July 15-17, 2022. With the emphasis of the conference being “Breaking New Ground,” “Space for Her” encourages women of all backgrounds to break through limitations, invest in themselves, and pursue their dreams. The enthusiasm surrounding the event is skyrocketing.

“Space for Her is an in-person & virtual Total Health & Wellness women’s conference,” commented Rekishia L. McMillan, the founder and director of Living Well 4 Life Foundation. “This is going to be a truly amazing and empowering experience. Last year’s conference was a tremendous success and took place in the State capitol, Trenton, NJ, and was acknowledged by Governor Phil Murphy and other state officials. Activities included interactive workshops, in-person and virtual networking, a Sunday morning sunrise service and live music by a jazz trio. This year, we are bringing that same excitement and energy to the women in our community.”

The Live Jazz music brings a special kind of energy to the event. It will be performed by multi-faceted saxophonist Audrey Welber-Lafferty. She has been showcased on BET’s (Black Entertainment Television) long-running Bobby Jones Gospel Show, in addition to playing with many other groups, including New York City swing-jazz-blues band Swingadelic and the Jazz Lobsters Big Band. Her fiery sound and precision technique on the alto sax has been described by reviewers as “inspired,” “muscular,” and “gloriously pure-toned.” Will Friedwald of the Wall Street Journal cited Welber’s “especially fluid clarinet solo” in his review of Swingadelic 2013

album "Toussaintville."

Some highlights of the conference include: over 600+ women of diverse backgrounds, ages, and career paths expected to attend in its hybrid format, with 125 women onsite and 500 virtually attending; an impressive lineup to include: TedEx speaker Kristie Kennedy, Image & Confidence Expert and Amazon Best-Selling Author of Money Matters, Master Financial Coach, Karen Ford, transformative breakout sessions; professional growth and personal development covering many areas; delicious 5-star cuisine by Joy Catering, cross-generational leadership; free prize giveaways and much more.

Sponsorship opportunities are available for those who want to gain brand exposure with 600+ Greater Bridgeton, Vineland, South Jersey and Philadelphia-area women, while also demonstrating support for the advancement and development of the community through solid action. Diverse sponsorship packages are available to meet a brand or organization's budget.

Woman-owned business vendors are needed and welcomed to showcase their business and services at the event.

For more information, be sure to visit www.SpaceforHer.org.

About Space for Her

Space For Her Conference is an initiative of Living Well 4 Life Foundation, a 501(c)(3) nonprofit organization. Space for her is a non-profit conference experience designed to encourage women to invest in themselves and each other as they claim space in the world. Space for Her provides resources and connections for women to help them achieve emotional, physical, spiritual, and professional balance. Space for Her calls attention to the challenges faced by women and creates space and opportunities for women to set and reach new goals.

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Rekishia L. McMillan is a Certified MSW, Certified Mental Health Integrative Medicine Provider, Award-Winning Author, honorably retired Air Force veteran and founder of Living Well 4 Life Foundation. Also known as The Total Health Coach, she is passionate about helping individuals achieve extraordinary health from the inside out. Rekishia provides health coaching and counseling for the body, mind and spirit for veterans and women through her practice Rock Your World Naturally www.womenrockhealthcoaching.com.