

# Women's conference set for Oct. 20

## FROM STAFF REPORTS

SANFORD — Professional women in the Central Carolina region will gather at the Dennis A. Wicker Civic Center on Oct. 20 for the fourth annual The Women's Exchange Conference, hosted by the Sanford Business and Professional Women's Club.

The half-day conference, which hosts about 100 women each year, was created by Sanford BPW in 2013 to "provide networking, leadership and training opportunities for local career women." The event features a light breakfast, speakers, networking, a sponsor display area and a luncheon with keynote address. New this year will be a Women's Expo, featuring displays by 24 businesses and organizations. The Expo will open be open to the public from 1-4 p.m., immediately following the conference.

Keynote speaker Vivian Howard, co-owner of Chef & The Farmer in Kinston and star of "A Chef's Life," will speak on the conference's theme of "Own It!" The event will also feature a kickoff address by Corinne Brown, The Fresh Expert, and a professional development session focused on personal branding.



Submitted Photo  
**Vivian Howard, co-owner of Chef & The Farmer in Kinston and star of "A Chef's Life," will be the keynote speaker at the fourth annual The Women's Exchange Conference.**

A highlight of the event each year is a question-and-answer session with a panel of local businesswomen. This year's discussion will be moderated by Dr. Pamela Senegal, vice president of Economic and Community Development at Central Carolina Community College, and will feature Kim Sutton, owner of Red Wolf; Ashley Thompson, owner of Pressed; Cameron Cruse co-owner of R. Riveter; and Kia Baker, executive direc-

tor of Southeast Raleigh Promise.

A full agenda and online registration for the event can be found at [www.sanfordbpw.org](http://www.sanfordbpw.org). Registration is \$29.95 for Sanford BPW members and \$39.95 for non-members who register by Sept. 20. After Sept. 20, registration is \$50. The first 50 registrants will receive a free swag bag.

Professional headshots by photographer Barbara Bozeman will be available during the Expo. Pricing and scheduling information will be forthcoming on the Sanford BPW website.

The Women's Exchange is made possible by sponsors including Thrivent Financial, Ameriprise Financial, Gross Farms, Central Carolina Hospital, Central Electric Membership Corporation, Scott Logistics Group, and All Digital Printing.

For more information about The Women's Exchange and BPW events, contact Kelly Klug at 919-721-8433 or follow the club on Facebook.