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**FOR IMMEDIATE RELEASE**

## **Metamorphosis of the Woman Conference a Success in Nevada**

LAS VEGAS -- Women in Las Vegas often find themselves struggling to find a space to learn about important topics and where they are allowed to express themselves freely. This Saturday, Make the Road Nevada together with partners in the city of Las Vegas hosted, Metamorphosis of the Woman Conference, more than 100 women attended the event where they engaged in dialogue about reproductive justice, healing modalities, and activism as a tool for liberation during our conference.

In the Latino society some of these topics are considered tabu and therefore never talked about at home or in any social setting.

“I got here a little depressed because of personal reasons but the first workshop made me feel much better and really helped me, the workshop talked about techniques on how to get rid of the negative thoughts and gave us great techniques...A lot of times we have problems that we keep inside because we have no place to go and these events really help,” Ofelia Esquivel attended the event

This yearly conference hopes to continue empowering women to be their best selves. We thank this year's sponsors: Nevada Department of Health and Human Services , Division of Public & Behavioral Health, Health Plan of Nevada, UNLV Immigration Law Clinic, Chispa, Happy Smiles, Human Rights Campaign, Immunize Nevada, Nevada Minority Health & Equity Coalition, Dignity Health, Nice & Bella, PLAN, Undocunetwork, Vision y Compromiso, Consumer Assistance & Resource Enterprise, Mujeres de Excelencia, Nevada Conservation League, Planned Parenthood, HIV, Promotoras & Public Affairs.

We are now starting to plan next year's event and hope with the help of our community members, businesses and organizations we can keep growing and include more women.

For pictures and some videos of the event go to: <http://bit.ly/MWC-11-23-2019>

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