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FOR IMMEDIATE RELEASE

V. HELENA GIVES KEYNOTE ADDRESS AT THE 41ST ANNUAL FOR WOMEN ONLY CONCLAVE!

Communicating, connecting, and examining the true meaning of sisterhood!

Washington, DC, 05/02/2019: Media mogul and author, **V. Helena**, will deliver the keynote address at the **Annual For Women Only Eva Wonton Luncheon** scheduled for Sunday, May 5, 2019 at the Crystal Gateway Marriott in Arlington, VA. Founded on the principles of sisterhood and women's empowerment, the 41-year old organization with members all over the country and abroad will host its annual gathering in Arlington Virginia this year. V. Helena's remarks will center on the foundations of her soon-to-be released book entitled, ***Catch Fire On Purpose***, in which she discusses her climb to success in the media industry and the importance of following your internal compass in pursuit of purpose.

The For Women Only Conclave will be held May 3rd thru May 5th, culminating with Sunday's luncheon from 1:00 PM to 3:30 PM. The organization was co-founded by Barbara Martin and Sylvia Wright in April 1978 with the charge to strengthen sisterly bonds among like-minded professional women. Founded with twelve members, its membership has grown to over three hundred women from twenty states and two continents. The group points to shared interests, values, aspirations and being deeply connected in Black Womanhood as the keys to its success.

V. Helena is an accomplished author, television producer, filmmaker, playwright and the creative vision behind the **Writer's Haven Show**—a show featuring the work of nationally and internationally known authors, filmmakers and songwriters. The show is broadcast on 23 channels and streamed on 8 national and international platforms. ***Catch Fire on Purpose*** is V. Helena's 3rd book and is scheduled for release on August 5, 2019.

To learn more about V. Helena, visit her website at www.vhelena.com

Visit the show's website for more information about show times. www.writershavenshow.com

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