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FOR IMMEDIATE RELEASE

AUTHOR ANGELA CLAY PRESENTS 'LOVING ME ROCKS' WITH COMEDIAN/ACTRESS COCOA BROWN, OF TYLER PERRY'S THE SINGLE MOMS CLUB

Newport News, VA—Author Angela Clay (www.angelalclay.com), of Loving The Me I See (LTMIS), will present “Loving Me Rocks,” a girls’ self-esteem workshop, at the Mariners’ Museum, Newport News, Virginia, on Saturday, August 30, 2014, from 10:00 a.m. to 3 p.m. Actress and comedian Cocoa Brown (www.cocoabrown4life.com), star of Tyler Perry’s *The Single Moms Club* and *For Better or Worse*, will deliver the keynote speech.

“I am not only honored that Cocoa Brown will be the keynote speaker and co-host the workshop, but I am also very impressed with her genuine, down-to-earth, funny, witty, and humble personality,” Clay says. “Cocoa brings a positive voice of inspiration and motivation to the LTMIS stage.”

The LTMIS workshop teaches preteen and adolescent girls to embrace their inner beauty and complement their physical beauty without seeking the approval of others to validate their self-worth. The LTMIS mission is “to reach, teach, challenge, and encourage young girls at an early age to value their self-worth, esteem their amazing character, and connect to the power of their purpose on earth so that they can mentally transform into healthy, successful, and productive women in society.”

The one-day LTMIS package includes three empowering workshops, lunch, a workshop T-shirt, free parking, and photo opportunities with Cocoa Brown and Angela Clay. Mothers, teachers, leaders, mentors, and chaperones are also invited to attend.

The price of the daylong workshop is \$55. Group rates are available. Reservations can be made by registering at <http://lovingmenpnva.eventbrite.com>, and workshop details are available at www.lovingthemeisee.com.

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