



WNY WOMEN'S FOUNDATION
Strong Women. Stronger Community.

*"It took me quite a long time to develop a voice, and now that I have it,
I am not going to be silent."
— Madeleine Albright*

PATHWAYS TO SPEAKER SERIES PROGRESS

"Taking Care of Yourself While You Conquer the World!"

Since 2008, the [Pathways to Progress Speaker Series](#) has provided an informative platform for conversations with aspiring women leaders and change agents to inspire and motivate all women to take action.

With up to 100 diverse women attending each event, the series acts as a forum to discuss and develop action around timely issues for women in WNY.

The first step to progress is having the conversation.

Join us for the first session in the 2020 series:

Burnout Is Real!

Friday, April 3

8:30 a.m. - 10 a.m.

Clement House (Red Cross/BPO)

756 Delaware Avenue, Buffalo, NY 14209

Free parking is available in the Clement House lot.

\$15 per person

Includes light breakfast and coffee
Seating is limited!

How to prevent, cope, and take care of yourself to avoid burnout. Plus, tips for setting boundaries in the workplace to create work/life balance.

Presented by Aimee Neri, adjunct instructor at the UB School of Social Work and liaison to the 8th Judicial District.

Register Today!

And coming soon to the Pathways to Progress Speaker Series:

Know Your Worth: Salary Negotiation Part 2

Friday, May 1, 8:30 a.m.–10 a.m.

Don't leave money on the table! In the second part to our successful session in November 2019, the team from UB Career Services will lead attendees through role-playing and hands-on practice to get the salary they deserve.
(Attendance at Part 1, held in November 2019, not required!)

Retirement? College? Sports Car? Strategizing your savings & investments

Friday, July 17, 8:30 a.m.–10 a.m.

How to manage your finances when you're saving for multiple goals. Learn how to prioritize and find balance in your financial planning.

Harnessing the Power of Generational Differences

Friday, October 2, 8:30 a.m.–10 a.m.

This panel discussion will tackle myths about generational stereotypes and provide practical insights on how to work together.

More details on each event, including speakers, location, and registration, to follow.

Revolution Buffalo Benefit Spin Class



RevRide: Spinning Class

Saturday, March 14

11:45 a.m. – 12:30 p.m.

Revolution Buffalo

1716 Main St, Buffalo, New York

\$20 per person

Support the WNY Women's Foundation and get in shape at this special Revolution Buffalo spin class

led by Emeritae Advisory Board Member Arlene Kaukus!

Revolution is a women-owned indoor cycling studio, Indo-Row, and TRX fitness center in Buffalo that's raising the bar on cycling, rowing, and group fitness.

100% of the proceeds from this class will be donated
to the WNY Women's Foundation, so sign up today!

Sign Up via revolutionbuffalo.com!

Purchase Instructions: Visit revolutionbuffalo.com.
Scroll down to "**Special Events**" and click on
WNY Women's Foundation Donation Ride.

*Want to host your own event to raise funds
to support the work of the WNY Women's Foundation?
[Let us know!](#)*

2020 Advocacy Win



Thanks to our advocacy partnerships, we are thrilled that New York State recently introduced regulatory relief that eases burdensome background check processes for childcare providers.

Now, these providers can hire more easily—a big win for our state!

Special thanks to all our partners involved in Empire State Campaign for Child Care and advocate members of the NYS Child Care Availability Task Force. It's always a special day when our collaborative advocacy efforts bear fruit! ☐

The mission of the WNY Women's Foundation is to create a culture of possibility so each woman and girl can live, grow, and lead to her fullest potential.

GIVE. EMPOWER. REPEAT.

In The News

Make A Donation

WNY Women's Foundation | 716.887.2621 | WNYWomensFoundation.org

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