



HOLISTIC MOMS NETWORK ANNOUNCES 2011 NATURAL LIVING CONFERENCE ANNUAL EVENT FOCUSES ON HOLISTIC PARENTING

April 1, 2011 -- The Holistic Moms Network (www.holisticmoms.org) announced today their 8th Annual Natural Living Conference will be held at the Hilton Long Beach in Long Beach, California on Saturday, October 1, 2011.

The conference is held annually to share information on holistic living and parenting and draws between 300 and 400 attendees, exhibitors and sponsors. This is the first year the event is taking place on the West Coast. The Holistic Moms Network is a national non-profit organization that connects parents interested in holistic health and green living.

This year's Keynote Speakers are Robyn O'Brien, author of *The Unhealthy Truth: How Our Food Is Making us Sick and What We Can Do About It* and founder of the AllergyKids Foundation, speaking on what parents can do to clean up our food supply, and actress Mayim Bialik, currently starring in *The Big Bang Theory* on CBS, long-time Holistic Moms Network member, and author of an upcoming book on natural parenting. Ms. Bialik's topic will be *Parenting by Intuition: From Hollywood to Holistic Mom*.

"This year's focus on holistic parenting highlights the challenges parents have raising healthy kids in a toxic world," says HMN founder and Director Nancy Massotto, Ph.D. Keynote Speaker Robyn O'Brien agrees: "The landscape of childhood has changed. In the face of the surging rates of allergies, autism, ADHD, asthma, diabetes, childhood cancer and obesity, our children are no longer guaranteed a safe and healthy future. And as parents around the country look to exercise precaution based on recommendations from the Presidents Cancer Panel in the hopes of preventing the onset of many of these conditions, I am honored to be working with the Holistic Moms Network to help inspire change as health care is about more than managing these diseases in our children. It is about preventing them in the first place."

The annual event unites members and attendees from across the country who share an interest in living healthier and more sustainably. Community-building and support are at the heart of HMN's mission. As actress and Keynote Speaker Mayim Bialik states, "HMN represents all that is good in this crazy confusing world of 'competing' parenting styles: following our intuition, getting educated, and getting support for our choices: that's the kind of community I am honored to be a part of -- and honored to represent."

In addition to the event's Keynote Speakers, a series of workshop sessions are offered on a variety of holistic living and parenting topics. "The Natural Living Conference brings parents together to learn about natural wellness options and approaches so that they can make informed, educated decisions for themselves and their families," said Dr. Massotto. "Connecting with hundreds of other parents who are passionate about good health and green living inspires people to make positive change in their lives – for their well-being and for the health of the planet," she added.

Workshop sessions at this year's conference include:

- *Making an Informed Vaccination Choice* with Dr. Lauren Feder, MD, a holistic pediatrician
- *Food & Mood: Nine Steps to Calm Your Anxious Mind* with Trudy Scott, a food mood expert, nutritionist and author
- *The Smart Mama's Guide to Non-Toxic Living* with Jennifer Taggart, an environmental attorney, eco consultant and author
- *Happiness is an Inside Job* with Jennifer Waldburger LCSW, parenting expert and psychotherapist

Attendee registration begins at \$100 per person for early registration (\$90 for HMN members) and includes Keynote Speakers, one workshop session, a healthy buffet lunch, access to the large Holistic Exhibit Hall and more. To register for the conference, visit <http://annualconference.holisticmoms.org>.

HMN welcomes holistic businesses and practitioners as exhibitors and advertisers at this unique event. Opportunities to participate may also be found on the website or by contacting HMN at 877-HOL-MOMS.

About the Holistic Moms Network:

The Holistic Moms Network is a national, membership-based and managed, non-profit organization with more than 100 chapters across the US. The organization is headquartered in Caldwell, New Jersey and launched its first chapter in 2003 in Essex County, NJ. The purpose of the Holistic Moms Network is to provide awareness, education, and support for holistic parenting and to offer a nurturing, open-minded and respectful community for parents to share these ideals. Members' interests include: natural health and wellness, nutrition and organic whole foods, integrative/alternative medicine, natural childbirth and breastfeeding, positive parenting, and non-toxic, eco-friendly living. Members can participate in educational meetings, local playgroups, and social events in local chapters across the United States. For more information, please visit: www.holisticmoms.org or contact HMN at 877-HOL-MOMS.

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