

March 19, 2019

*Speaker photos available upon request



NEWS RELEASE

Chrysalis Foundation Hosts Inspirational Conversations Starting March 27

Des Moines, Iowa – Chrysalis Foundation will hold the first of three Chrysalis Conversations events on Wednesday, March 27, 2019. Held at the Wakonda Club in Des Moines, speakers Miyoko Hikiji and Vanessa Espinoza will share how their experiences prompted action above and beyond the norm to make a difference for others.

Military veteran Miyoko Hikiji brought awareness to the challenges and triumphs of military service in her book, *All I Could Be: My Story as a Woman Warrior in Iraq*. Likewise, guided by her own experience, Vanessa Espinoza reached out to help her community by teaching individuals to read, eventually creating her own scholarship fund to promote education. The two women will share their inspirational stories while guests enjoy lunch and networking.

The annual Chrysalis Conversations series features local outstanding women sharing remarkable, educational and meaningful wisdom. Two more Conversations luncheons will take place on April 17 and May 22.

In honor of Chrysalis Foundation's 30th anniversary, this year's speaker series will demonstrate the spirit of the organization's three founders: Louise Noun, Elaine Szymoniak and Barbara Barrett. Featured speakers share stories of their lives and experiences, and the challenges they have faced. Guests are encouraged to bring a colleague or mentee. More information on speakers and registration is available chrysalisfdn.org.

Throughout 2019, Chrysalis Foundation is celebrating 30 years of ensuring that girls and women continue to have opportunities to grow, learn, contribute and transform Central Iowa. Through the anniversary theme of "Leading Legacies," the organization will host various events

celebrating its history and the legacies who started the organization, inviting audiences to hear from inspiring leaders of today, and inviting mentorship for future legacies in the making.

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About Chrysalis Foundation

As a public charity, Chrysalis was founded to ensure the safety, security, education, and economic empowerment of all girls and women in central Iowa. Today, Chrysalis continues to raise funds, deliver grants, lead programs and educate the community through the support and participation of local partners, schools, colleges, donors and volunteers. Thousands of girls have participated in Chrysalis After-School programs since it began in 1998, and tens of thousands have benefitted from the work of agencies partnering with Chrysalis for more than 30 years.