



**FOR IMMEDIATE RELEASE**

**Women Over 70 to Host Symposium**  
**Saturday, Oct. 19 in LaGrange Park, Illinois**  
*Full day of speakers, exhibits, authors, networking*

September 9, 2024 – Women Over 70 announces its first symposium “Celebrating Who We Are as We Age,” Saturday, October 19, 2024. The symposium, marking five years of weekly podcasts featuring women over 70. The symposium will be held at Plymouth Place, 315 N. LaGrange Rd. in LaGrange Park, Illinois. Plymouth Place is also a Platinum Sponsor for the Symposium.

Author and activist Ashton Applewhite, featured in podcast Ep. [#250](#) “Ageism Harms Us and Obstructs Equity,” will kick off the symposium as the virtual keynote speaker addressing “Aging While Female – Reimagining Later Life for Women.”

In addition, the symposium will feature sponsor exhibits, an authors’ showcase, engaging talks and interactive workshops on a variety of topics including health, creativity, and personal growth. “Our society often overlooks and undervalues women as they age,” said Gail Zelitzky, co-host of the Women Over 70 podcast. “The Aging Reimagined Symposium honors women aging at every stage of life. Exploring our own aging is essential self-care crucial to embracing our own journey. Recognizing and nurturing our needs as we grow older can transform how we experience and perceive this natural process.”

“While aging comes with its challenges, it is a universal experience. We’re excited to unite women to explore health, wellness, finance, art, independence, career transitions, and reinvention, with a focus on our personal experiences,” said Catherine Marienau.

“Together, we can redefine what it means to grow older throughout life. This symposium is a part of vision.”

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### About Women Over 70

From artists to authors, and activists to academics, Women Over 70 is a five-year old podcast featuring women 70-110+ celebrating and contemplating their own aging experience. With 300 interviews conducted, Catherine Marienau and Gail Zelitzky are the committed voices and advocates for women aging.

In June 2019, entrepreneur Gail Zelitzky, then 77, a Chicago-based business coach, and Catherine Marienau, then 70, a DePaul University professor from Oak Park, Illinois, launched their podcast. Though they had no previous audio production experience, Gail and Catherine were determined to do it right. After attending an immersive two-day workshop and six weeks of online instruction, they launched their first 10 episodes. Five years later, Gail and Catherine have interviewed more than 300 women. They have been heard in 120 countries and celebrate 400,000+ downloads. The [WO70 podcast](#) is available on all the most popular apps, including [YouTube](#).

Tickets for the “Celebrating Who We Are as We Age,” symposium are available at an Early Bird rate. Please use the code ebsymposium24. For more information, see [WomenOver70.com](#).

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## **SCHEDULE**

### **Aging Reimagined Symposium: Celebrating Who We Are as We Age**

**Saturday, October 19, 2024**

**8:00 a.m. – 6:00 p.m.**

**Plymouth Place, LaGrange Park, Illinois**

**8:00-8:55 Welcome Breakfast**

**9:00-10:30 Opening Session and Ashton Applewhite Virtual Keynote**  
Aging While Female – Re-imagining Later Life for Women

**10:45-11:45 Interactive Small Group Sessions Part 1**

- Exploring Healthy Aging: What Can You and Your Health Providers Do to Extend Your Healthspan? – Sally Duplantier
- Sacred Journey of Women Aging-Tapestry Images – Susan Gangsei, Fiber Artist
- 10 Reasons Why Creativity is the Fountain-of-Aging Well-being – Janis Clark Johnston, EdD
- We Are Every Age We Have Ever Been - Sally Strosahl

**11:50-12:30 Visit Exhibitors and Authors' Showcase for Women Authors**

**12:35-1:30 Sit-Down Lunch**

**1:35-1:55 Visit Exhibitors and Authors' Showcase for Women Authors**  
**Tour Plymouth Place**

**2:00-3:00 Large Group Session**

- Extraordinary Women & Your 5 Energies – Kathy Brown

**3:15-4:15 Interactive Small Group Sessions Part 2**

- Taking the Pulse on Your Resiliency Mindset & Skills – Lydia Manning
- A Photographer's Perspective on Elevating Your Brand – Jennifer Schuman, Horizon Photography
- Women & Investing: Building on Wealth – Abby Stancik, Stanford Slovin, Wells Fargo
- Creating Your Web of Wellness for Healthy Aging: An Integrative Approach – Dr. Carolyn Torkelson

**4:20-4:40 Visit Exhibitors and our Book Nook for Women Authors  
Tour Plymouth Place**

**4:45-5:30 Closing Session with Women Over 70: Aging Reimagined**  
A Conversation on Takeaways and Action Items – Podcast Hosts Gail Zelitzky and Catherine Marienau

- Performance by Susan Cartland-Bode and Paddy Homan

**5:30-6:00 Cocktail Reception**

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September 9, 2024

*Subject to changes and updates.*