



connect.
inspire.
lead.

14070 Proton Rd, Suite 100
Dallas, TX 75244
P: 972.233.9107 F: 972.490.4219
office@opticalwomen.com
www.opticalwomen.com

FOR IMMEDIATE RELEASE
CONTACT: Carol Wilbur
office@opticalwomen.com

Optical Women's Association Launches First *OWA Unplugged* Retreat

DALLAS, TEXAS – October 24, 2023

The Optical Women's Association (OWA) proudly announces that its first-ever retreat, ***OWA Unplugged***, was an overwhelming success. This pilot event was held October 20-22 in San Diego, CA, at the Paradise Point Resort, and sponsored by **ClearVision Optical**. Deliberately limiting attendance to 40 OWA members, the purpose of the retreat was to provide an opportunity to "unplug", connect, recharge, relax, and be truly present in the moment, while also laying the groundwork for future retreat planning.

The idea of offering a retreat to members originated with OWA's Connection & Enrichment Committee, who hoped to expand and strengthen the connections made through OWA's other programs such as OWA's *Fireside Chats*, *One-Minute Inspirations*, and other member events. Under the leadership of C&E members **Kathy Cruz, Dr. Beverly Bienes, Mary Lanning Jones, Linda Laube, Susan Ludwick, Debbie Myres**, and committee chairs **Janna Neal** and **Tamara Sanders**, the weekend greatly exceeded all expectations.

The retreat began late Friday afternoon with a welcome reception, followed by an in-person *Fireside Chat*, complete with s'mores. Saturday highlights included yoga and Pilates, a "coffee talk", an *OWA Reads* book discussion, and a very special bonding event that drew tears from many as personal stories were shared. A Sunday walk and breakfast wrap-up concluded the weekend gathering. Attendees went home feeling enriched, inspired, transformed, and very grateful to have been part of this incredible experience!

Visit www.opticalwomen.com for more information.

#

About the Optical Women's Association: Celebrating its 25th anniversary in 2022, the Optical Women's Association is a non-profit organization committed to supporting and promoting the professional development of women involved in all facets of the optical industry. As the vision of the OWA evolves and expands, it maintains the focus of the OWA's founding principles and core mission: to enhance and

promote the leadership role of women in the optical industry through networking, education and peer support.