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P R E S S R E L E A S E :

UN 65 Tea Walk for Peace in Muir Woods Commemorating the 65th Anniversary of the Founding of the United Nations

**“A Celebration of Women Peacemakers”
Self-Healing and Peace with Tea and Qigong by Dr.
Sonia Gaemi
Muir Woods National Monument, Mill Valley
Friday, October 22, 2010 ~ 11 am to 3 pm**

Women for Cultural Wisdom will present Special Awards of Recognition to Congresswoman Barbara Lee of CA 9th District for supporting women’s rights in US policy; and to Ms. Bitia Daryabari of the Parsa Foundation for her support of women’s rights through active conflicts.

Sponsored by Women for Cultural Wisdom and the United Nations Association –USA San Francisco Chapter

- * 11:00 am-Noon: Meet in Muir Woods Parking Area for Qigong Warm Up and Tea Ceremony with **Dr. Sonia Gaemi** of Women for Cultural Wisdom – Practicing Qigong, tea, and self-healing to create **unity** and **peace**
- * Noon-1:00 pm: Guided walk through Muir Woods to Cathedral Grove where the UN founders dialogued with nature to prepare the UN Charter, which was signed in San Francisco in 1945.
- * 1:15 pm: A Commemorative Ceremony led by Dr. Sonia and Susan Zipp, president of UNA-SF, will take place at UN Grove by the plaque honoring FDR. Awards will be presented to Congresswoman Barbara Lee and Ms. Bitia Daryabari representing Women Peacemakers.
- * 2-3 pm: Tea Reception and Press Conference

For Release 9 a.m. PST, September 20, 2010

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Please visit www.drsonia.com/wcw or contact Dr. Sonia Gaemi. Registration: www.una-sf.org

Women for Cultural Wisdom (WCW), founded by **Sonia Gaemi Ed.D., R.D.**, has been a beacon in the movement for self-healing and peace for more than 25 years, encouraging women to become peacemakers and to take leadership for their own health and human rights. Dr. Sonia is an expert on multicultural food practices for self-healing and bridges communities to foster health and healing across the world. She initiated the annual One Day for Peace and Healing in 2000 in San Francisco, celebrating alongside 72 countries, and has sparked peace projects in many parks, schools, and healing centers including in Los Angeles after September 11, 2001, and in Bam, Iran after the devastating earthquake of 2003. The combination of Qigong exercise with an all-natural tea service is a tradition that Dr. Sonia has shared for the self-healing energies of individuals and for peace in the world. Dr. Sonia is Berkeley Public Health Principal Investigator Researcher on Women natural hormones and author of "Eating Wisely for Hormonal Balance" and also Co-Chair of the Committee for Women's Human Rights of the United Nations Association of San Francisco.

UNA-USA San Francisco: The UNA-USA is a nonprofit membership national organization dedicated to building understanding and support for the ideals and work of the UN among the American people. UNA-USA San Francisco Chapter holds a unique global responsibility by being located where the UN Charter was developed and signed. The UNA-USA San Francisco Chapter, under the direction of president Susan J. Zipp, hosts a wide variety of community programs and events, and maintains a primary focus on youth development. The UNA-USA San Francisco has hosted the UN Anniversary celebrations since 1995.

Congresswoman Barbara Lee is being awarded for her work to support women's rights in US policy at home and abroad, as a member of the US House of Representatives since 1998. Rep. Barbara Lee was an active supporter of the Lilly Ledbetter Act, for equal pay to women for equal work, from 2007 through the law's passage in 2009. She was a constant advocate for the reversal of the Bush era Global Gag Rule, having participated in the 2004 March for Women's Lives in Washington DC, finally seeing the reinstatement of foreign aid for family planning and women's health centers across the globe under President Obama in 2009. Congresswoman Barbara Lee is a co-signer of H.R. 4594, the International Violence Against Women Act, and has supported aid to programs for the reduction of violence against women since her work to influence the Bush World AIDS Program of 2003. Barbara Lee is a staunch advocate for the rights and safety of the women of Afghanistan, having been one of the most consistent voices in the US Government for the conclusion of US war in Afghanistan.

Ms. Bitia Daryabari is being awarded for her support of women's rights through active conflicts, and her work with a number of charitable organizations, including The Afghan Institute of Learning (AIL), founded by Sakeena Yacobi, an internationally known women's human rights activist. Their latest collaboration includes the building of an all-girls school in Kabul. In her next project, Ms. Daryabari is enabling the training of Afghan women by providing micro-financing through organizations such as AIL and Creating Hope International. In 2008, through her charity, the Unique Zan Foundation, Ms. Daryabari joined forces with Relief International to build a women's center in the Palestinian Territories. This center will help women acquire necessary job-related skills in order to improve their lives, and ultimately their communities. Other philanthropic endeavors include a recent donation to the British Museum and Iran Heritage Foundation for the Shah Abbas Exhibition. She has also created the Bitia Daryabari Endowment for Persian Literature and Poetry, which will allow the Iranian Studies Program at Stanford University.

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