

EMPOWERING WOMEN WITH FINANCIAL CONFIDENCE



Throughout her personal life and 20-year professional career, Lisa Strohm has observed that many women are not engaged in their own financial affairs, leaving them vulnerable to a financial crisis should life not go as planned. To make matters worse, many of the wealth management industry's practices are oriented toward the learning styles and communication preferences of men and feel downright foreign to women.

Because of her conviction that women need to take control of their money, Lisa founded The Athena Network, a wealth management firm with a mission to "Empower Women with Financial Confidence." She believes that her true value as a financial advisor is her ability to draw upon her life and professional experiences, communication skills and passion for her work to inspire women to become fully engaged with their money.

As a Certified Financial Planner™ professional, Lisa builds an investment strategy that supports clients' needs, priorities and desired lifestyle. She has various programs aimed at inspiring, educating and empowering clients as they gain confidence with their money and life. And her financial planning process helps clients gain clarity and confidence in how to create and live the life they want. The result is clients feeling power over their lives and optimism about their future.



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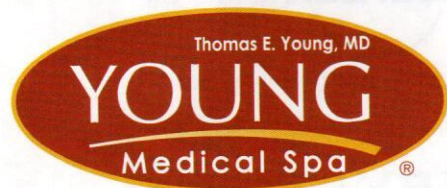
"IT'S A YOUNG THING"

To those who are curious about cosmetic and aesthetic procedures, or perhaps thinking about having a procedure performed but confused about what's involved: Listen to *It's a Young Thing with Nurse Paula Young!*

Paula founded Young Medical Spa® with her husband, Dr. Thomas E. Young; they have two convenient locations in Center Valley and Lansdale. Over the last 15 years, Paula and her husband have been asked many questions by patients who were confused about aesthetic procedures. So much so that Paula decided to offer free advice with a no-nonsense, down-to-earth approach to people who may be contemplating having an aesthetic procedure performed.

After reaching a milestone of 50 episodes, Paula recently released a format change which will include more topics of discussion that relate to the "fountain of youth." Her goal is to feature more local businesses in her podcast to showcase all that is available in the Lehigh Valley for both men and women involving aesthetics, wellness, mindfulness, health, intimacy issues, beauty and more.

It's a Young Thing with Nurse Paula Young is available for free at youngmedicalspa.com/podcast as well as via iHeartRadio, iTunes, SoundCloud, YouTube, Tumblr, Spreaker, Stitcher and Facebook (search: "It's a Young Thing Podcast").



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