

## **For Immediate Release**

### **Does Mother Know Best? Absolutely!** ***American Mothers, Inc. to Honor and Inspire Mothers at D.C. Convention,*** ***Featuring Keynote by Alison Sweeney***

Washington, D.C. – Mother indeed knows best, and for nearly 80 years, American Mothers, Inc. (AMI) has been backing mothers up with the credentials to prove it. The organization will unveil its 2012 Mother of the Year, Young Mother of the Year, and will honor Mothers of Achievement at its Washington, D.C. convention from May 3-6.

Since 1935, the American Mothers Committee (now American Mothers, Inc.) has bestowed a Mother of the Year award upon a mom who embodies the highest qualities of motherhood. Sarah Delano Roosevelt, mother of President Franklin D. Roosevelt, presented Lucy Keen Johnson of Georgia as the first National American Mother of the Year. Other famous honorees include Secretary of State Hillary Rodham Clinton as Arkansas Young Mother of the Year. For the first time, the organization will celebrate Mothers of Achievement, who have inspired growth and positive change in communities across America.

“Our Mother of the Year, Young Mother of the Year, and Mothers of Achievement are empowering examples of the difference that moms make in the lives of their own families and within their communities,” said Connell Branan, president of AMI. “As Hillary Rodham Clinton noted, it definitely ‘takes a village’ to thrive as a mother and a role model in today’s world. Mothers are tasked with so many roles these days. AMI is proud to be a source of support within this village, encouraging mothers as parents, individuals, and beacons of light in their communities.”

This year’s convention, to be held at Washington’s Mayflower Hotel, gathers a dynamic cross-section of American moms to discuss the challenges of motherhood and women’s issues at large. The Mother of the Year, Young Mother of the Year, and Mothers of Achievement will be honored at the American Mothers Annual Convention on May 5 at 7 p.m.

This year’s events include a Mom to Mom Conference, to be held from 10 a.m. to 4 p.m. on May 5. Mom to Mom boasts an amazing lineup of speakers, including a keynote address by Alison Sweeney, actress, author, and host of “The Biggest Loser,” who has transformed the lives of contestants and television viewers

worldwide. Sweeney, who juggles off-camera roles as producer, wife, and mother, recently authored *The Mommy Diet*, an inspiring guide to nutrition, fitness, and self-care that women can follow to look and feel fantastic – before and during pregnancy, and after giving birth.

Other headliners include *New York Times* bestselling author and Food Network host Ree Drummond, who shares a lighthearted take on life as a woman, mom, and wife; Aundráy Collins, recipient of the prestigious Commanders Award for Public Service from the Department of the Army and creative image consultant, teaches moms how to strike a balance between giving back and staying true to themselves; author and motivational speaker Rick Grandinetti tells moms how to deepen relationships in their personal and professional lives.

Shifting their attention to the “global village,” attendees will explore the issue of violence against women with leading women’s organizations, who will educate attendees and enlist their support in eradicating the epidemic. AMI recently pledged its commitment to ending violence against women by making a proposal to the United Nations, calling for intervention via an education and advocacy campaign within faith-based communities. For more information about the Mom to Mom conference lineup and AMI initiatives, log on to [www.themomtomom.com](http://www.themomtomom.com).

#### **About American Mothers, Inc.**

American Mothers, Inc. (AMI) is a nonprofit organization for women and men who recognize the important role of motherhood through educational programs and community outreach. On an annual basis, AMI selects the National Mother of the Year, Young Mother of the Year, and Mothers of Achievement from candidates across the United States, the District of Columbia, and Puerto Rico. For more information about AMI, visit [www.americanmothers.org](http://www.americanmothers.org) or call 877-242-4264.

Media contact:

Sandy Sponaugle

Platinum PR

304-876-8321

[sandy@platinumpr.com](mailto:sandy@platinumpr.com)