



**For Immediate Release
September 14, 2006**

**Contact: J. Chapa
Telephone 202-833-0060**

MANA Joins Celebration Of National Women's Friendship Day™

MANA, A National Latina Organization will join women nationwide as they celebrate the eighth annual National Women's Friendship Day™ on Sunday, September 17. Created by Kappa Delta Sorority® for women everywhere this one day provides an opportunity for women to recognize those friends who play important roles in their lives. Friendships come in many forms – even in the form of a mentor.

“At MANA we truly value those life long friendships that grow and develop both professionally and socially,” said Alma Morales Riojas, MANA President & CEO. “In fact friendships are the essence of our mentoring program, the HERMANITAS® Program for young Latinas.” she added.

Founded in 1974, MANA, A National Latina Organization® (MANA) is a national grassroots membership organization with chapters, individual members and affiliates across the country. MANA's mission is to empower Latinas through leadership development, community service, and advocacy. Its four national goals are to: strengthen Latinas as community leaders; create vital Hispanic communities; advance public policy for an equal and just society; and grow and sustain a healthy organization. MANA achieves its mission and goals through its two premiere programs, the AvanZamos® Program, an adult Latina leadership training program and the HERMANITAS® Program for young Latinas. MANA is unique in that it has the only national Latinas' mentoring program for girls from ages 11 to 17.

To date, governors of 28 states have signed proclamations endorsing the third Sunday in September as National Women's Friendship Day™. You can learn more about this special celebration on www.kappadelta.org. To learn more about MANA, please call 202-833-0060 or visit our website at www.hermana.org.