



## Connecticut Mom to Be Featured on The TODAY Show

*CTWorkingMoms.com blogger to speak about post-baby body image.*

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For Immediate Release

**GLASTONBURY, CT (September 20, 2013)** – The CT Working Moms website [<http://ctworkingmoms.com/>], an award winning online resource for women balancing work and family life is sending blogger Melanie Dunn (resident of Wethersfield, CT) to the TODAY Show on Monday, September 23<sup>rd</sup>. This will be the 2<sup>nd</sup> time CTWorkingMoms.com is seen on TODAY.

During the 9 AM hour, Melanie will be participating on a panel of moms who will discuss issues around post-baby body image. CT Working Moms post-baby body photo shoot went viral in June of 2012 and was seen on TODAY, Good Morning America, The VIEW and many Connecticut media outlets including Fox CT, NBC CT and the Hartford Courant.

Michelle Noehren, founder of the website stated, "I am thrilled that CT Working Moms is part of a continuing conversation around celebrating post-baby bodies. The media & societal pressure to snap back into shape immediately after giving birth is doing a serious disservice to women. We should be celebrating the incredible accomplishment of creating a new life instead of shaming and judging women's bodies."

Melanie is excited to represent the website on the TODAY Show. She stated, "I'm looking forward to this opportunity, because I know that almost every woman struggles with the way she looks after having one or more kids. Moms need to know that they are doing more than enough between raising kids and carrying out their responsibilities at work and at home. We don't need to add guilt or shame over a missed workout or a bowl of ice cream to that already full plate of things we worry about on a daily basis. We need to look at the big picture and realize that we're already doing an amazing job."

CT Working Moms will keep interested Connecticut residents updated on Monday via our Facebook page [<https://www.facebook.com/CTWorkingMoms>] with photos of Melanie's experience and the link to the video footage after it's uploaded.

***About:*** Created in 2011 by Michelle Noehren, CT Working Moms is an award-winning, online community for women balancing work and family life in Connecticut. The website provides critical resources and information ranging from pregnancy and child-care to health and nutrition. Over 24 bloggers provide daily articles with the goal of talking honestly about how it really is to be a working mother in our modern world. Bloggers provide personal experiences to help provide insight and advice into the challenging, yet rewarding job of being a mother. CTWM's aims to be a place of compassion and support for all moms because the world needs more love and less judgment. In 2012 CT Working Moms received the "Best Parent Blog" Webster Award by the Hartford Courant and in 2013 was featured in the Hartford Magazine's "Best of Hartford" edition.

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