



News Release

Date: August 12, 2010

Media Contact: Shira Miller 678/392-1785
shira@shiramiller.com

Dr. Jane Smith Empowers Baby Boomers to Have a Second Chance at a Better Life

Atlanta, Ga. -- As the 76 million Baby Boomers in the United States grow older, Dr. Jane Smith is here to make sure they become wiser in the process. An authority on creating a new life at age 50 and beyond, she has launched a personal campaign to inspire people to claim a second chance at a better life.

"The fourth quarter of our lives, ages 75 to 100, isn't what it used to be," explains Dr. Smith. "Back then your sixties meant a retirement party, a watch and that was it. Things have changed so much. We need a new way to describe this seasoned, more active generation, so I call them the 'Sea Gens.' But you don't have to wait. Everybody 50 and older is invited to join us in claiming the life you really want."

Dr. Smith, who recently celebrated her 64th birthday, fully embraces life as an accomplished speaker, social entrepreneur, educator, and nonprofit executive. Her popular ***A Life in Four Quarters*** presentation is an essential experience for individuals and organizations interested in aging with wisdom. She focuses on helping people use skills from their previous experiences to create a better life moving forward.

Her interest in the topic started during childhood, as she observed older relatives living productive lives up until age 106. Practicing what she preaches, Dr. Smith has survived heart disease and tinnitus in claiming a more hopeful life.

In addition to her successful speaking career, Dr. Smith serves as the executive director of the Spelman College Center for Leadership and Civic Engagement. Previously, she held executive positions at the Martin Luther King, Jr. Center for Nonviolent Social Change, The Carter Center, the National Council of Negro Women, and Business and Professional Women/USA. Jane holds a doctorate in social policy analysis from Harvard University, a master's degree in sociology from Emory University, and a bachelor's degree in sociology from Spelman College.

For more information on Dr. Smith and *A Life in Four Quarters*, visit www.janesmithspeaks.com.