



Healthy Possibilities for Youth

FOR IMMEDIATE RELEASE

Contact: Eileen Monesson
PRCounts, llc
(609) 570-2150
emonesson@prcounts.com

DR. ELIZABETH ROBINSON HENRY NAMED ONE OF THE BEST 50 WOMEN IN BUSINESS

Franklin Township, NJ, April 12, 2011 – Dr. Elizabeth Robinson Henry (Dr. Liz), founder of Dr. Liz Consulting, a practice focused on making a difference in the lives of tweens and teens by addressing their physical, emotional, and mental needs, has been named one of New Jersey's 2011 **Best 50 Women in Business**. The award program, produced by NJBIZ, New Jersey's premiere business news publication, is sponsored by Wells Fargo, WithumSmith+Brown, PC and Wolff & Samson PC.

For more than fifteen years, Dr. Liz has worked with children and their parents on how to deal with the physical and emotional changes that occur during the tween and teen years. As a practicing pediatrician, Dr. Liz takes a holistic approach to the health and well-being of youth. She knows how important it is for young people to have the tools to become successful, as well as the support system to guide them. Her objective is to provide youth with the knowledge and confidence to lead healthy and productive lives.

Dr. Liz is highly regarded as a leading expert on the health and well-being of youth. She has developed and facilitated numerous empowerment workshops and career seminars for tweens and teens ranging in age from ten to eighteen. She provides teens, tweens and their parents with the support and resources needed to overcome issues such as bullying, emotions, fitting-in, and obesity. She also provides tools to help youth set practical goals, establish positive relationships, build their self-confidence, manage anger and stress, as well as develop healthy eating habits.

A resident of Franklin Township, Dr. Liz earned an undergraduate degree from Princeton University and medical degree from the University of Pennsylvania School of Medicine. She completed her pediatric residency at Georgetown University Hospital in Washington, D.C. and then worked at the Children's Hospital of Philadelphia. She also graduated as Valedictorian from Rutherford High School. Dr. Liz is a partner at the New Brunswick Pediatric Group where she has practiced for more than twelve years.

The Best 50 Women in Business awards program honors New Jersey's most dynamic women in business that have been making headlines in their field. To qualify, a nominee had to meet selection criteria that included living or working in New Jersey and holding significant authority for decision making in a for-profit company.



Healthy Possibilities for Youth

-2-

An independent panel of judges selected the top 50 winners based on their dedication to business growth, professional and personal accomplishments, community involvement, and advocacy for women.

“We are truly fortunate to have the opportunity to recognize this outstanding group of women.” said Thomas Curtin, publisher of NJBIZ. “As business and community leaders, they are constantly redefining success within and outside the business arena. On behalf of NJBIZ, we would like to thank and congratulate these fifty outstanding women for their dedication to New Jersey’s future.”

NJBIZ and the program sponsors honored this year’s winners in an awards ceremony on Monday, March 28, 2011 at The Palace at Somerset in Somerset, NJ.

###