



FOR IMMEDIATE RELEASE

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**Jennifer Cruet to be honored at 25<sup>th</sup> Anniversary of Men Who Cook**

**(Monday, September 16, 2019)** Women & Family Life Center recently announced that Jennifer Cruet will be the recipient of their Cut Above Award at the 2019 Men Who Cook celebration for her service and dedication to Women & Family Life Center and the entire Guilford community. Jenn is a dynamic leader and started the Women Recreating Retirement group at the Center that now has over 200 women involved! She is a passionate advocate for issues that impact women and girls and overall an incredible role model to the staff, board, and volunteers of the Center and every one she meets.

“Jenn has shown me how powerful women can be simply through her work on behalf of others. She reminds me how amazing women are through their selflessness and ability to get things done. There is no one I can think of more deserving of this honor,” said Meghan Scanlon, Executive Director of Women & Family Life Center.

"It has been my pleasure to contribute to Guilford," said Cruet. "My husband and I fell in love with Guilford after numerous jaunts here from West Haven, where we were living, over 40 years ago. It is a beautiful gem all year. Most importantly, it has a unique sense of community which I have never encountered in any other municipality. Ever since my retirement from public education, 14 years ago, I have sought to contribute as much as possible to Guilford. Founding Women Recreating Retirement, 10 years ago, came naturally. It was a way to build camaraderie, with like-minded women, while contributing to the community. The Women & Family Life Center seemed like a natural place to start. After that, all the pieces fell into place because of the interconnectedness of the W&FLC, the generous ladies of WRR, and Guilford as well as the CT Shoreline and the CT Food Bank in Wallingford."

Cruet will be officially honored at the Men Who Cook fundraising gala on Sunday, October 20, 2019 at the Guilford Yacht Club. All proceeds from the event go to support the shoreline women and families served by Women & Family Life Center.

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### *About the Women & Family Life Center*

Women and Family Life Center (W&FLC) empowers women and families to face challenges and transitions in their lives with strength and confidence. Our Center offers women and families access to a strong network of support, education and community to make life transitions a time of positive change during a time of isolation, fear, and financial distress.

We understand that there are moments in our lives that truly challenge us. Whether it is losing your home, going through a divorce, leaving an abusive relationship, struggling with mental health, or trying to find a job, we are here to help you! We provide you with the support, education and community you need to rebuild your life and your confidence. Once you walk through our door, you will never feel alone in your journey. Women & Family Life Center is a nonprofit 501(c)(3) located in Guilford, CT and has been serving women and families on the Connecticut Shoreline since 1991.