



TAKE BACK YOUR TIME

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PO Box 19862 Seattle, WA 98109-6862

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Contact: Gretchen Burger: 206-293-3772

TAKE BACK YOUR TIME NATIONAL CONFERENCE LOYOLA UNIVERSITY, JUNE 10-13, 2004

Seattle, WA— From *O Magazine* to the *USA Today* business section, the issues of overwork, over scheduling and time urgency are making headlines. As more and more workers are squeezed to do the work of two and three, as families attempt to keep up with schedules previously reserved for CEOs, as cell phones and emails threaten to monopolize every waking hour, a new and growing organization - **Take Back Your Time** – is challenging Time Poverty in America. Leaders and activists from this movement will hold their national founding conference June 10-13 at Loyola University in Chicago -- the same city where the first fight for the 8-hour workday began -- to develop strategies for a less stressed out America.

October 24, 2003 marked the first **Take Back Your Time Day**. Events were held across the nation, in as many as 200 communities, reaching several thousand people. More than 100 separate news stories, which appeared in about 500 newspapers and magazines around the country, featured **Take Back Your Time**. The Governor of Michigan and several American City Councils endorsed the campaign.

Organizers want to build on the successes of 2003 to reach an even broader audience this year. “We are bringing together the key leaders of our movement to look at the diverse and far reaching impacts of time poverty, to talk about what works and what doesn’t and to develop a strategy which will move our culture towards slowing down and taking back time,” says John de Graaf, national coordinator of the movement and editor of *Take Back Your Time* handbook (Berrett-Koehler Publishers). “This may well be the most important meeting in the history of this growing movement.”

Leaders from labor, faith, business, health, family and environmental organizations will come together to discuss one of the most pressing cultural issues today. The presenters, including University of Minnesota professor Bill Doherty, author of *Putting Family First*, Juliet Schor, Professor of Economics and author of *The Overworked American*, British journalist Carl Honore, author of the new book, *In Praise of Slowness*, and Ellen Galinsky, director of the Work and Families Institute, will explore such questions as how to reclaim leisure time; how to change workplace culture; how to assess the impacts of over-choice and new technologies; how to challenge workaholicism and over-scheduling; and how to restore the Sabbath.

Also on the agenda is Take Back Your Time’s four point legislative platform which proposes to: 1) make Election Day a holiday; 2) enact a **paid** family and medical leave act; 3) establish a minimum annual paid leave of 3 weeks; and 4) limit *mandatory* overtime.

“Our culture is reaching a breaking point and Take Back Your Time has emerged to offer an alternative,” says Allen Hancock, Take Back Your Time development director. “This event will plant the seeds to take our organization to the next level of effectiveness.”

**To view the complete conference schedule, the workshops and presenters, visit:
www.timeday.org/conference.**

Take Back Your Time Day is a project of the Center for Religion, Ethics and Social Policy at Cornell University, and is the first national initiative of the Simplicity Forum.