



## **In Celebration of National Volunteer Week, iSisters Technology Mentoring Honoured at Westboro Community Health and Wellness Event**

**Live Vitally Now! April 19, 2009**

### FOR IMMEDIATE RELEASE

On April 19<sup>th</sup>, 2009, Ottawa's health and wellness leaders are kicking off National Volunteer Week with Live Vitally Now! – a health and wellness event in support of iSisters Technology Mentoring.

The dynamic trio, Donna Davis, Owner of Movement to Health, Helen Daniels, Life Coach and Sylvie Guoin, Owner of Core-Elation (YOGA) leading Live Vitally Now! are gurus in their respective fields. Bringing together an afternoon of education, they have designed activities to enrich and empower participants' lives. Take this opportunity to take part in National Volunteer Week and reap the benefits of a unique event in support of an award winning charity.

"In a time of uncertainty and the pulse of the nation a bit dreary – Live Vitally Now!, couldn't have come at a better time!, says, Sylvie Guoin. Let's shift the focus, join community forces to celebrate and give back to our volunteers and provide them with the tools and techniques to be able to Live Vitally Now!" Sylvie further adds, "this event is about caring and nurturing yourself in mind, body and spirit which naturally allows us to give back not only to the community, but to family, friends and co-workers without feeling drained. It's a powerful recipe."

In today's environment, it's critical to rejuvenate and rebuild and what better way to do this than in an afternoon of learning about ways that will help you to re-fuel all aspects of your life, says Donna Davis.

Jennifer McEvoy, Executive Director, iSisters Technology Mentoring is delighted to be honoured at this event, and said, "it's the perfect marriage with iSisters. She reminds us volunteering should be an integral part of life as it helps to shape and support healthy communities." iSisters Technology Mentoring is about building brighter futures and stronger communities through educating women in need. For this reason, this event came to life. A win-win for the volunteers, sponsors and iSisters. It also resonates with this year's theme of National Volunteer Week: Volunteers -from comPASSION to action, which emphasizes on the passion that drives Canada's volunteers to donate their time to better their communities and the lives of others.

Live Vitally Now! Join three leaders who are not only passionate about what they do and giving back to the community, their enthusiasm and energy are infectious. Donna Davis of Movement to Health, Health and Wellness Leader and TV Host, Yoga for Runners will review how easy nutritional changes can enhance beauty, longevity and leave you feeling vibrant. Helen Daniels, Life Coach, will show you the possibilities for living life in ease and flow with joy AND purpose. Expect to learn some tools that are absolutely practical and unlike anything you've heard before. Sylvie Guoin of Core-Elation (YOGA), a leader in the Yoga & Wellness field, will demonstrate a 20-minute Yoga sequence that can be done in-home, guaranteed to leave you feeling strong and energized. Cathy Lewis, CEO, iSisters Technology Mentoring will also be onsite.

The event will be held on Sunday, April 19th, 2009 from 2:30 until 5:30pm. Movement to Health Centre, In the Heart of Westboro: 360 Kirkwood North, Suite 201. Free parking is available.

Please note that space is limited – RSVP by April 14<sup>th</sup>. To register, please email [info@isisters.org](mailto:info@isisters.org). For event details please visit [www.isisters.org](http://www.isisters.org). Participants will receive a \$10.00 gift card compliments of The Table Vegetarian Restaurant. We thank everyone for their continued support and generosity during National Volunteer Week!

All proceeds to iSisters Technology Mentoring. Suggested donation payable to iSisters: \$50.00.

#### About iSisters Technology Mentoring

iSisters Technology Mentoring is a leader in technology learning and development, helps empower women in need to live better lives, create brighter futures and build stronger communities. iSisters' programs enhance employability skill development, provide a critical and effective stepping stone to improved quality of life and initiate long term and high impact positive change for women in need. For more information, please visit: [www.isisters.org](http://www.isisters.org)

Media Contact Name: Jennifer McEvoy, Executive Director, iSisters Technology Mentoring  
613.565.7337.