



FOR IMMEDIATE RELEASE
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***6 Years of Inspiring Through Physical Activity in Whistler:
every WOMAN Expands to Vancouver and Victoria***

What is every WOMAN?

Inspiring Through Physical Activity – every WOMAN is a conference offering an opportunity for women (all ages, shapes, sizes) to try new activities in a comfortable and supportive environment. The 7th Annual every WOMAN – Whistler - May 14 to 16, 2010 will feature over 50 fitness-oriented and wellness workshops, while every WOMAN – Vancouver – October 3, 2009 and every WOMAN – Victoria – October 18, 2009 each coined as 'A Day of Activity' provide a taste of the three-day gala experience at the Fairmont Chateau Whistler. Participants select (mostly) introductory workshops conducted on the hour for 45 minutes in duration, including various styles of Yoga, Zumba, Nordic Walking, Nia, Hip Hop, Pilates, Nutrition, Bellyfit, Belly Dancing, Salsafit, Laughter Yoga, Personal Goal Setting and much more. **New(!)** workshops include Hip Hop Yoga, Synchronized Swimming, Diving, Cardio Striptease, The Couch Potato Workout, Posture Improvement and Modern Dance.

Co-founded by an Olympic Runner and a World Championship Gymnast: Lynn Kanuka and Kerri Carlson Sisters, Mothers, and Active-Living Enthusiasts

"It's about trying new things, to expand and challenge, and to remind us that we all feel much better after any type of exercise, whether it be a walk or run, or a yoga or dance class," says Kerri Carlson, a former World Championships Gymnast and co-founder of every WOMAN Events. Sister and co-founder, Lynn Kanuka, Olympic Bronze Medalist for Athletics in LA '84 agrees. "We both know that physical activity inspires passion and brings balance to our busy lives."

every WOMAN – A Day of Activity in Vancouver and Victoria

Building on the success of every WOMAN – Whistler, the every WOMAN Day of Activity is intended to showcase a similar experience in a local capacity. "We had over 200 women at our gala event in Whistler this year," says Kanuka. "It was fantastic! Our participants now want to see this concept in their own communities." Kanuka and Carlson successfully tested the idea with every WOMAN - Powell River: A Day of Activity in April. "Everyone loved it!" says Carlson. "It was easy for women to take time for themselves for one day. And the best part was that participants came away wanting more." Kanuka adds, "By trying new activities, getting the adrenaline going and feeling great about yourself, you feel refreshed, motivated, and inspired. As women, we feel that this is important personally, but also for our families. Your health matters, and now this opportunity for self-check and rejuvenation is available in both a day and weekend (Whistler) format."

Upcoming every WOMAN events:

every WOMAN – Vancouver: A Day of Activity - Saturday, October 3

every WOMAN – Victoria: A Day of Activity - Sunday, October 18

every WOMAN – Whistler: May 14 to 16, 2010, Fairmont Chateau Whistler

Visit www.everywoman.ca for more information.

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