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“The Secret” Expert among Top Calibre Speakers set to Educate and Empower Women at WellSpot 2008 in Toronto
500 women to spend day at first-of-its-kind wellness event created by HealthyGirl™

Toronto, January 30, 2008 – WellSpot 2008—developed by **HealthyGirl™** to enhance the lives of women—is set to educate and empower women with an impressive line-up of speakers sharing their expertise over one exclusive day, **Saturday, March 29, 2008 at the Diesel Playhouse in Toronto.**

Created by women, for women who are aspiring to fulfill and maintain their goals on various wellness fronts—from health to wealth and overall life balance—**WellSpot 2008** is one of the most highly anticipated events for women this year, with 500 expected to attend. It’s no wonder given its roster stacked with leading influential speakers from the United States and Canada, including:

- ◆ **Jennifer Azzi**—Olympic Gold Medalist and NCAA Basketball Championship winner—to discuss optimal health;
- ◆ **Julie Dittmar**—internationally renowned certified clinical hypnotherapist and intuitive healer, as well as founder of *True Divine Nature* with soul partner Matt Kahn—to enlighten about emotional health and dealing with stress;
- ◆ **Tama J. Kieves**—best-selling author of *This Time I Dance! Creating the Work You Love/How One Harvard Lawyer Left it All to Have it All!*—to focus on pursuing passions;
- ◆ **Loral Langemeier**—founder and CEO of Live Out Loud, and three-time bestselling author, as well as contributor to the popular movie, **“The Secret”**—to offer wealth strategies;
- ◆ **Kimberly Mac**—The Naked Vegan, and one of the modern leaders in holistic health—to educate about optimal nutrition for radiant health.

Dina Pugliese, co-host of Breakfast Television, will make a special appearance, and the event will also feature a performance by Canadian songstress, **Sarah Slean.**

“We built Wellspot to bring together women who aspire to bring any area of their lives to new heights in 2008,” said **Leanne Grechulk**, President and Founder of **HealthyGirl™**, and creator of **Wellspot 2008.** “They’ll connect in a setting not only conducive to learning from and being inspired by our top-calibre speakers, but also to networking and sharing ideas with other women attendees.”

Designed as an interactive and experiential workshop-style gathering, **WellSpot 2008** will focus on a wide range of wellness-based topics such as preventive health, work-life balance, leadership and entrepreneurship, wealth, nutrition, fitness and stress management.

HealthyGirl™—the online wellness community, www.healthygirl.net, launched in 2007 to inspire women globally to find better balance—is the company behind **WellSpot 2008**. It developed the event as a means to satisfy and fill what it believes is a major void for women: easy access to information about issues that concern the various facets of their health and wellness.

“Simply put, we want to help every woman find her wellspot,” added Grechulk.

Wellspot 2008 goes one step further in proving its commitment to women, with some of the proceeds from ticket sales going to Rethink Breast Cancer.

Tickets for **WellSpot 2008** can be purchased by phone at 416-971-5973 x234, online at www.dieselpayhouse.com or in person at the Diesel Playhouse Box Office. Prices start at \$99 and go up to \$149 for a VIP ticket with priority seating. Ticket prices increase after Feb 29, 2008. Group tickets and corporate packages are also available by phone. Purchase five tickets, get the sixth free.

Partners and supporters of WellSpot 2008 are: KitchenAid Cook for the Cure, Laura Furtado Dance, Mydaralink.com, Pilates for Life, Sweetspot.ca, Burst, Yoga Festival Toronto, Yummy Mummy Club, and Best PR Boutique.

About WellSpot 2008

WellSpot 2008 is a first-of-its-kind event gathering for women, featuring today’s most influential wellness experts. Created by **HealthyGirl™** to be an interactive and experiential workshop-style destination event for women, **WellSpot 2008** aims to educate and empower with its top-calibre lineup of speakers from the United States and Canada. Wellness topics covered will include preventive health, work-life balance, leadership, nutrition, fitness and stress management.

WellSpot 2008 takes place on Saturday March 29th, 2008, at Diesel Playhouse in Toronto. www.wellspot.ca

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Media: for more information about WellSpot 2008, to book interviews with Leanne Grechulk or to request access to cover the event, please contact:

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