

Contact: Roslyn Franken

Roslyn Franken Group
info@roslynfranken.com
(Toll Free) 1-877-852-5852
Fax: (613) 823-0648



NEWS RELEASE

Ottawa cancer fundraiser empowers women to Revive & Thrive

Ottawa, On, October 2008: Roslyn Franken, proud cancer survivor, motivational speaker and author of *The A List: 9 Guiding Principles for Healthy Eating and Positive Living* (www.roslynfranken.com) and her newest co-authored book *Death Can Wait: Stories from Cancer Survivors* (www.deathcanwait.com) invites ladies to a high-spirited fundraiser titled the “**Revive and Thrive Bash 2008**” to be held at **Spahara Hair Studio and Day Spa** (www.spahara.com), 150 Robertson Rd., Nepean, Ontario, Canada on November 16, 2008 from 1:00pm to 5:00pm.

Once each year, Roslyn Franken plus Spahara Hair Studio and Day Spa invite women to unite their mind, body and soul by taking four hours to treat themselves to educational, spiritual, beauty plus health, fitness and positive living showcases that help them Revive and Thrive in their lives. Proceeds from the event support the **Look Good Feel Better Cancer program** (www.lgfb.ca) in the Ottawa region.

“Basically, the event is a must-attend function. Each year there is something new that I learn and take away. It is fantastic that Spahara offers not just beauty services but empowers its clients and potential clients with mind, body and soul enlightenment.”
Susan Deer, Spahara Client.

Ladies are encouraged to purchase tickets to this year’s event, which will feature:

- **Motivational speaker** Roslyn Franken speaking about the Law of Attraction
- **Fashion show** by the Wholesale Outlet and feature model cancer survivor Jackie Holzman
- **Live acoustic duo** titled Music that Moves your Soul by Roslyn and Sharon
- **Cooking demonstration** by A Rent-a-Chef Gerry
- **Caricaturist drawings** live and onsite by “Caricatures and Clowns” and “Darius”
- **Make-up showcases** featuring “how to tips” by Spahara Make-up Artists
- **Yoga fitness** by Elaine from Wellness on the Rideau
- **Book Signings** with Roslyn Franken, Frank Hegyi, Jackie Holzman
- **Shop and Save:** paintings from Denise Nanon, jewellery, skin, hair and makeup products/services, clothing accessories, handbags
- **Gifts:** prizes, gift bags
- **Nourishment:** food, drink

180 tickets are up for grabs and we are half sold. Tickets are available through Spahara or online (www.roslynfranken.com or www.spahara.com).

Roslyn has begun a positive living and healthy eating crusade to help enlighten people about its importance. At age 29, Roslyn was diagnosed with cancer. She has successfully fought back to become herself a long-term cancer survivor and an acclaimed author, columnist, speaker, radio host and counselor.

“Having lived it myself, I know first-hand how maintaining one’s outward appearance and self-image as best possible during cancer treatments can help women tremendously in coping with what is happening on the inside. This is why it is so important to me to help raise funds for this worthwhile program”, says Roslyn Franken.

“Spahara strives to offer unique services to its guests. We believe our job is more than just skin deep. We want our women guests to feel fantastic from the inside out, so, we chose the slogan “Beauty through Wellness,” said Hanna Botros, Managing Partner for Spahara. *“Education provides knowledge and knowledge is empowering...this is a crucial pillar for our business philosophy, the partnership with Roslyn is a blessing for all women.”*

For Immediate Release: Editors, Reporters, Publishers, Community Event Listings

Roslyn owns and operates Roslyn Franken Group, a company dedicated to guiding, supporting and inspiring individuals, groups and corporations wanting achieve better results for a better life through the practices of healthy eating and positive living, using the insights she developed and now shares in The A List's 9 guiding principles.

Spahara is a one-stop full servicing spa, hair studio, café and accessory boutique located in Ottawa-West. The Egyptian theme and décor is inspired and hand-created from the managing partners' Egyptian heritage. Spahara strives to not only service women but empower them to enjoy beauty through wellness.

For more information, visit

<http://www.roslynfranken.com/reviveandthrivebash2008.htm>

<http://www.spahara.com/> or,

call (613) 843-0155 or send email to info@roslynfranken.com.

AVAILABLE FOR INTERVIEWS

Contact:

Roslyn Franken

(613) 843-0155, Toll free 1-877-852-5852

info@roslynfranken.com

www.roslynfranken.com

PHOTOS AVAILABLE

###