

# News Release

## **Beauty Through Wellness:**

Acclaimed author and cancer survivor, Roslyn Franken, and Spahara (Hair Studio and Day Spa) introduce NEW “How to Thrive after 35” Ladies Lunch ‘n’ Learn Series

**Ottawa, On, May, 2008:** Roslyn Franken, proud cancer survivor and author of *The A List: 9 Guiding Principles for Healthy Eating and Positive Living*, invites ladies to the “**How to Thrive after 35” Ladies Lunch ‘n’ Learn Series**. This NEW educational series is a joint partnership between Spahara (Hair Studio and Day Spa) and Roslyn Franken aimed to empower women from the inside out. The first seminar is scheduled for Saturday, May 31<sup>st</sup> from 1-4:00 p.m. to take place at Spahara, located at 150 Robertson Road, Nepean.

The “**How to Thrive after 35” Ladies Lunch ‘n’ Learn Series** provides women with a venue to empower themselves by connecting, learning, celebrating and embracing practical principles for positive living and healthy eating. The Lunch ‘n’ Learn series will also help raise money for the Look Good Feel Better program, Canada’s only cancer charity dedicated to empowering women to manage the effects that cancer and its treatment can have on their appearance. The charity offers free 2-hour hands-on workshops on simple cosmetic techniques, nail and skin care tips, hair alternatives and cosmetic hygiene for those living with cancer. The workshops are led by a total of 1800 volunteers. Since its inception, Look Good Feel Better has delivered workshops to over 70,000 women. **A portion of each ticket sale will be donated to support the Look Good Feel Better program.**

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.”*

Ladies everywhere are invited to the event; each ticket costs \$35 and includes a value of \$116 plus dollars:

- One-hour, lunch ‘n’ learn acclaimed speaker Roslyn Franken
- Healthy lunch from Café Arôme
- The A List book, personally autographed by author, Roslyn Franken (value \$22.95)
- Gift certificate for one consultation with Healthy Living Counselor, Roslyn Franken (value \$59.00)
- "66 Secrets for Less Stress" e-booklet (value \$3.95)
- \$20 gift certificate from Spahara
- Additional on-site surprise bonuses and perks

**For Immediate Release: Editors, Reporters and Publishers**

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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 about the Ladies Lunch 'n' Learn Series, visit:

<http://www.roslynfranken.com/spaharamay3108.htm>

[www.spahara.com](http://www.spahara.com)