

**Business Women in Cahoots !!**



**THE  
BUSINESS  
WOMEN'S  
NETWORK OF  
YORK REGION**  
<http://bwnyr.com>

**Membership  
Directory**

**January 2015**



***From the President...***

*The Business Women's Network of York Region has had an incredible first year, I found out that others had a passion for connecting Business Women in York Region like I did. The number of Members to join in the first year was four times my expectations - we now have 80 Members !!*

*I look forward to another year of bringing women together in an old-fashioned way, realizing that we are women and having fun with that together as we tune-up our business skills. Our concentration is on developing relationships so that we can do business together with trusted referrals.*

*We have amazing women in York Region and we look forward to learning about more of their businesses in the future !!*

A handwritten signature in black ink that reads "Elizabeth Johnston". The signature is fluid and cursive, written in a professional style.

**Mission Statement**

***The focus is on collaborating, connecting, idea exchanging, working together for mutual success and growing both professionally as well as personally.***



THE  
BUSINESS  
WOMEN'S  
NETWORK  
OF YORK REGION



THE  
BUSINESS  
WOMEN'S



THE  
BUSINESS  
WOMEN'S  
NETWORK  
OF YORK REGION



THE  
BUSINESS  
WOMEN'S  
NETWORK  
OF YORK REGION



THE  
BUSINESS  
WOMEN'S  
NETWORK  
OF YORK REGION



THE  
BUSINESS  
WOMEN'S  
NETWORK  
OF YORK REGION



THE  
BUSINESS  
WOMEN'S  
NETWORK  
OF YORK REGION



THE  
BUSINESS  
WOMEN'S  
NETWORK  
OF YORK REGION

**Board of Directors:**

President, Elizabeth Johnston

Secretary, Candice Fletcher

Treasurer, Leanne Swallow

THE  
BUSINESS  
WOMEN'S  
NETWORK  
OF YORK REGION



THE  
BUSINESS  
WOMEN'S  
NETWORK  
OF YORK REGION

**Formed:** August 2013

**Launched:** April 2014

**80 Members:** December 2014

THE  
BUSINESS  
WOMEN'S  
NETWORK  
OF YORK REGION



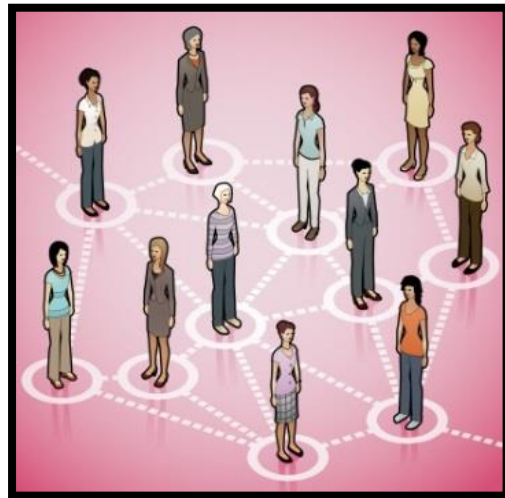
# CAHOOTS

The Business Women's Network of York Region meets twice monthly at different venues and businesses around York Region making it easy for Business Women to meet other like-minded people in a controlled atmosphere geared at creating business contacts. Due to the size of the area which the network covers, you will stretch into other markets that surround your area. Each month one event is for Members-only at no cost. Networking opportunities are held at breakfast, lunch, afternoon tea, cocktail party or dinner.

The BWNRYR makes it easy for Business Women to create contacts, bring about positive change and inspire each other to reach higher standards. By sharing of experiences, information, ideas, challenges and most importantly, successes. The BWNRYR addresses pressure points in business and keeps Members informed of activities that are pertinent to running and operating a small business in the Region.

## **Mentor or be mentored!**

We are hoping to bring about positive change by lifting the level of visibility of women and what they have to offer. We encourage both successful and struggling Business Women, those who want to share their successes and those who would like to learn from others. We wanted to provide a system where people can utilize each other's expertise and be in cahoots (collaboration) with each other.



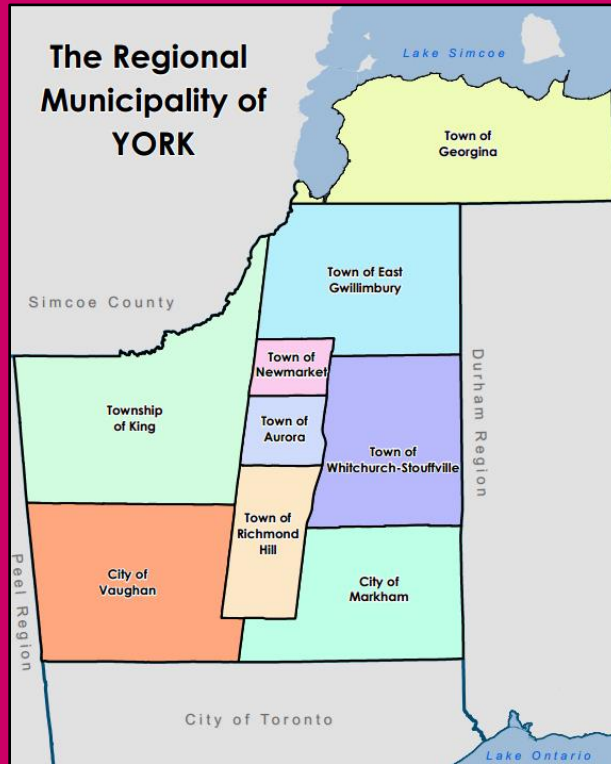
## **Compliment ~ Don't Compete (so both grow)**

The benefits of paying an annual membership are networking, discounted rates to events, promotional opportunities, make new social & business contacts, meet "like-minded" people, enjoy both formal and informal social events, stay current on local & community issues, member directory and publicity for your business.

The statistics on obtaining work/contracts/business through word of mouth compared to other marketing avenues is 34% vs. 4%.

## **Be in business for yourself, not by yourself!!**

The Business Women's Network of York Region holds meetings in all Towns and Cities across the Region...



*Thank you to all who supported  
BWNYSR Events in 2014*

***Disclaimer - Important Information About The Directory:***

*Following is a list of our current Members, this list is not for distribution or direct sell ... this has been put together so that you may get to know the other women in the BWNYSR, then do business with them!!*

*All the data contained herein is compiled from the information provided through Members. The BWNYSR cannot verify the validity of all of the information provided and therefore makes no representations or warranties, express or implied, regarding its accuracy, completeness, or usefulness for any product or service. BWNYSR cannot and does not guarantee that there will be no errors. BWNYSR assumes no legal liability or responsibility for loss or damage resulting from the use of this information.*



*Registered  
Acupuncture  
and Natural  
Medicine*

amalia@amalia-associates.ca  
905-832-6006  
416-358-2796  
www.amalia-associates.ca



**Amalia Yoselevsky**

Amalia & Associates Acupuncture Natural Medicine



*Professional  
Wedding  
Consultant*

info@idoweddingsgeorgina.com  
905-960-4907  
www.idoweddingsgeorgina.com



**Amanda Stewart**

I Do! Weddings



*Manager, Public Relations & Business Development*

adennis@bdo.ca  
647-272-7465  
bdodebthelp.ca



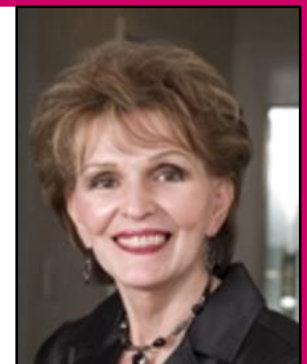
**Ann Dennis**

BDO Canada Limited

AVA GRAY *direct*

*Regional Vice President - My passion is empowering, inspiring and coaching women to grow personally, professionally and financially with an Ava Gray business opportunity.*

annecraig@rogers.com  
905-731-1613  
416-617-7474  
www.avagraydirect.com/home/annecraig



**Anne Craig**

Ava Gray Direct



# Cultural Focus

PUTTING CULTURE IN CONTEXT  
LIFE, CAREER AND BUSINESS COACHING

*Life, Career and Business Coaching.*

bwang-frape@culturalfocus.net  
289-802-1237  
www.culturalfocus.net



**Bo Wang-Frape**  
Cultural Focus

*I help people set up an e-commerce storefront to create residual income.*

milna\_l@yahoo.com  
416-816-6718



**Camilla Lofranco**  
Lofranco Professional Corp.



*I relocate individuals from their home or office.*

cfletcher@amjlondon.com  
647-271-9484



**Candice Fletcher**  
AMJ Campbell Van Lines



*Provide  
Affordable  
Legal  
Services*

carolinesabourin@legalshieldassociate.com  
905-235-0656  
647-668-6115  
legalshieldassociate.com/carolinesabourin



**Caroline Sabourin**  
LegalShield



*Affordable legal and identity theft protection for families and business.*



**Cecli O'Grady**  
LegalShield

cogrady1@rogers.com  
1-866-305-4263  
905-392-6846  
pcogrady.com

## *Skin Bliss - Facials*

*Beautiful Skin at Any Age!*

*Esthetics*



**Christine Kiczek**  
Skin Bliss

info@skinblissfacials.ca  
416-460-8648  
www.skinblissfacials.ca

## Cassidy & Young

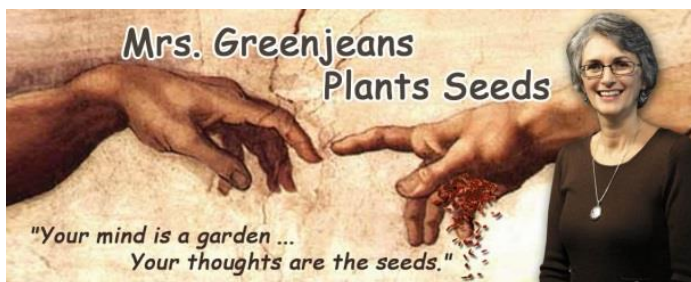
Insurance Brokers Inc.

*Insurance Broker*



**Christine Soumakis**  
Cassidy & Young Insurance Brokers

csoumakis@cyins.com  
647-727-4100  
416-846-2852  
www.cassidyyoung.com



*I specialize in helping socially conscious female entrepreneurs reconnect to their health and happiness.*



**Dagmar Schoenrock**  
Mrs Greenjeans Plants Seeds

dagmar@mrsgreenjeansplantsseeds.com  
905-392-7350  
mrsgreenjeansplantsseeds.com



# FACED

PROFESSIONAL VEGAN MAKEUP  
ARTISTRY COMPANY

artist@facedmakeup.com  
289-221-3871  
www.facedveganmakeup.com

*I hold events and workshops to empower women of all ages using an educational hands on approach to makeup artistry. I strictly use 100% vegan, organic, and nontoxic skin care and cosmetics that helps raise an awareness to the alternative makeup available.*



**Danielle Schleese**

FACED Professional Vegan Makeup Artistry



## RBC Bank

*Financial Planning,  
Investment &  
Retirement Planner*

<https://locator.rbcfinancialplanning.com/dawneen.boyle>  
dawneen.boyle@rbc.com  
905-841-2408  
289-926-8126



**Dawneen Boyle**

RBC, Royal Bank Financial Planning



**Hallehluya**  
FOOD COMPANY ESTD. 1994

*CFO/Owner - I  
oversee finance,  
administration and  
HR along with  
strategic direction.*

debbie@hallehluya.ca  
905-956-7500  
905-715-8552



**Debbie Pesce**

Hallehluya Food Company



*Wedding  
Coordinator  
and Event  
Planner*

occasionsbydeborahinc@gmail.com  
905-726-3342  
416-277-7859  
www.occasionsbydeborah.com



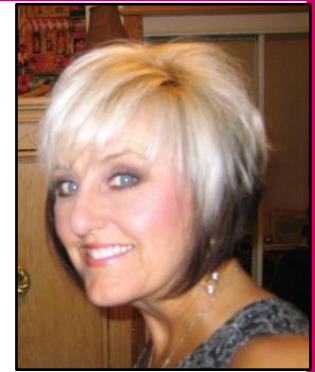
**Deborah Doyle**

Occasions by Deborah Inc



*I manage a store which sells donated items for world relief.*

deborahl@mccthrift.on.ca  
905-640-1410  
416-435-1007



**Deborah LoPatriello**  
Care & Share Thrift Shop



**MOMENTUM GOLD**

momentumgold1@gmail.com  
905-727-9409  
416-419-2722  
www.momentumgold.acnibo.com

*Wholesale telecom, energy, merchant services and wireless services for residential and commercial clients.*



**Debra Wilson**  
Momentum Gold



*I meet with people to help them determine what is the best funeral expense plan that keeps up with inflation for them and their loved ones.*

dianah.nwells@gmail.com  
905-775-0791  
416-988-0059  
www.psfs.ca



**Dianah Wells**  
Purple Shield Funeral Expenses

**AVON**

**the company for women**

avon@donnakerr.ca  
905-716-3514  
www.interavon.ca/donna.kerr

*Direct Retail sale of Avon products and a Leader, Recruiter and Trainer for NEW Avon Reps. Member of Avon's President's Club, David H. McConnell Club.*



**Donna Kerr**  
Avon by Donna Kerr



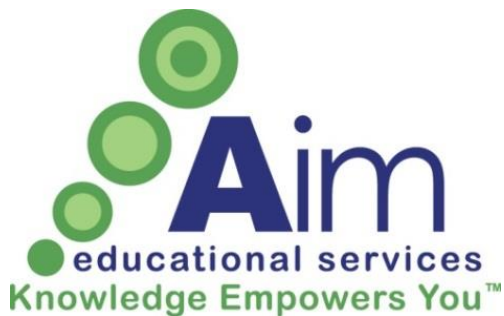
doreen@goodhealthmatters.ca  
905-392-9920  
www.goodhealthmatters.ca

*I help people put great nutrition into their bodies so they can get fit, feel fabulous and for some, become financially free.*



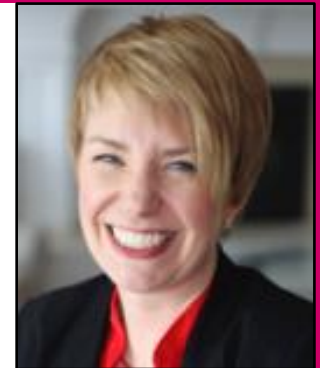
**Doreen Johnston**

Good Health Matters representing Isagenix



elina@aimeducatorialservices.com  
289-466-6100  
www.aimeducatorialservices.com

*We provide in-home tutoring with one-on-one support, an individualized learning system and transformational learning programs.*



**Elina Bagshaw**

Aim Educational Services Inc



elizabethjohnston2004@hotmail.com  
416-910-1058  
www.kidscash.ca

*Teach children money management through rewarding chores.*



**Elizabeth Johnston**

Kids Cash



emily\_oetelaar@hotmail.com  
289-383-2064  
www.facebook.com/emilyspellcraftbathpage

*I am the Exclusive Distributor in Newmarket for beautiful hand crafted bath products without the sulphates, paraben and gluten.*



**Emily Van Den Oetelaar**

Spellcraft Bath



*Research & Development*

erika.pettit@live.ca  
647-454-5094  
www.lemonator365.com



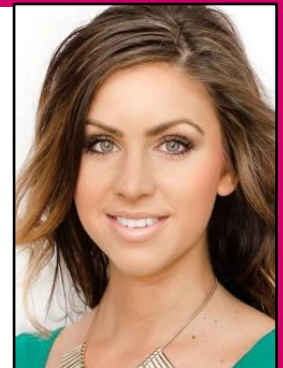
**Erika Pettit**  
Lemonator



**ORIANA FINANCIAL**  
GREAT MORTGAGES MADE SIMPLE™

hgarriock@orianafinancial.com  
647-300-0134  
www.heathergarriock.ca

*Mortgage Specialist  
- I assist young  
adults in York  
Region in getting  
proper funding.  
My two major  
focuses are  
education and  
constant support.*



**Heather Garriock**  
Oriana Financial



**building soul**  
BODY SOUL HEALING

ingrid@buildingsoul.ca  
1-866-888-7662  
www.buildingsoul.ca

*Body & Soul Psychotherapy  
and Healing - Building Soul is  
a way of healing the  
separation of your body and  
mind by listening deeply, with  
you, to the messages of your  
heart, your body, your soul  
and your unconscious self.*



**Ingrid Cryns**  
Building Soul



jackie@tlcthelifecentre.ca  
905-836-5433  
905-505-0732  
www.tlcthelifecentre.ca

*We are an  
Individual &  
Family Life  
Resource Centre*



**Jackie Mintz**  
The Life Centre

*Sell disposable and biodegradable health items to nursing homes, retirement, hospitals, home care etc.*

jjaegert@rogers.com  
905-868-8762  
416-859-4132



**Jeannine Saegert**

Hygienic Garment Savers Company Ltd.



curbappealpix@gmail.com  
905-251-0164  
www.virtualcurbappeal.ca

*Professional photography specializing in real estate/virtual tours.*



**Joan Prentice**

Virtual Curb Appeal Real Estate Photography



joannew@snapd.com  
905-716-8006  
www.richmondhill.snapd.com

*Owner/Publisher of a Monthly Newspaper.*



**Joanne Witt**

Snapd Richmond Hill



jodi@voiceoversandvocals.com  
905-836-5444  
www.voiceoversandvocals.com

*Providing professional voice overs for commercials, narrations such as corporate, documentaries and e-learning along with radio & TV imaging, web explainer videos & jingles. My voice can be your voice. Let me make your job a piece of cake!*



**Jodi Krangle**

Piece of Cake Voice Overs & Vocals



## Custom Embroidery & Digital Design

*Custom Digital Embroidery with an emphasis on converting images/drawings to embroidery for corporate and team wear (i.e. hats, polos, jackets, hockey shirts, bags and accessories).*

judithlye@cedd-ontario.ca

905-235-3391

905-758-8868



**Judith Lye**

CEDD Inc.



karen@in-side-out.com

905-836-2781

289-231-7874

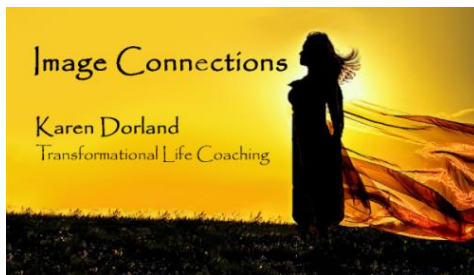
www.in-side-out.com

*Reiki Master,  
Biophoton Light  
Therapist,  
Enneagram  
Personality Coach.  
Supporting people in  
their relationships,  
life and well-being.*



**Karen Armstrong**

Inside Out



karen@imageconnections.ca

905-775-7486

905-252-3549

www.imageconnections.ca

*Image, Fashion  
Consultant -  
helping people to  
dress for where  
they want to be  
and to attract in  
their goals.*



**Karen Dorland**

Image Connections

*Financial and Insurance Advisor*

kschoen@powergate.ca

416-992-5588



**Karin Schoen**



## **MEMBERSHIP RATES FOR 2015**

Our Membership includes individual Business Women who are full or part owners of their own business, career women from both corporate and private enterprises, as well as not-for-profit community & government organizations and young women who are undertaking full-time business studies. As a BWNYR financial member, you will have access to our member database, opportunities to promote your business, access to event discounts as well as many other benefits and "perks" of membership. All memberships are subject to approval.

**PAYMENT** - Make cheque payable to:

The Business Women's Network of York Region  
#303, 72 Main Street, Mount Albert ON LOG 1M0

To use a credit card, go online -

<http://bwnyr.com/membership-opportunity/>

**INDIVIDUAL MEMBERSHIP**

\$100 Annual Membership

**YOUTH MEMBERSHIP (Under 30 years old)**

\$50 Annual Membership

**SENIOR MEMBERSHIP (Over 65 years old)**

\$75 Annual Membership

**CORPORATE MEMBERSHIP (2+ from same Co.)**

\$75 Annual Membership (each)

**ALL INCLUDE:**

12 months Membership & Discounts rates at Events

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Email Address: \_\_\_\_\_

Postal Address: \_\_\_\_\_

City: \_\_\_\_\_

Post Code: \_\_\_\_\_

Business Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Web Address: \_\_\_\_\_

What do you do? \_\_\_\_\_

\_\_\_\_\_



## *Main Monthly Events*



## *Member-Only Monthly Events*



Event  
Photos



*Leadership and Organizational Development,  
Executive, Business, Life-Coaching.*

jctheron@rogers.com  
647-722-4649  
905-252-1862



**Karin Theron**

Performance Excellence Management Consulting



www.thepropertymatchmakers.com  
kchiechi@sutton.com  
905-458-7979  
416-303-4987

*Real Estate*



**Kathy Chiechi**

Sutton Group Central Realty Inc., Brokerage

# Butler Girl<sup>®</sup> Services

kathy@butlergirl.com  
905-715-1766  
www.butlergirl.com

*We are a lifestyle  
management  
company that looks  
after busy people's  
domestic stuff -  
running errands,  
house sitting, car  
services, organize  
your home. We take  
care of your to do list.*



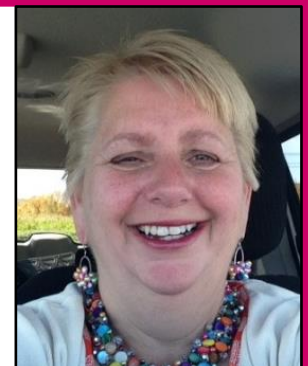
**Kathy Russell**

Butler Girl Services



coveryourwindows@rogers.com  
905-473-6224  
905-953-6255  
coveryourwindows.biz

*Window Coverings*



**Kim deWolde**

Cover Your Windows (1991) Ltd.

# RODAN+FIELDS<sup>®</sup> DERMATOLOGISTS

*Independent Skincare*

kimberlynaylor@gmail.com  
905-252-8675  
www.kimberlynaylor.myrandf.c



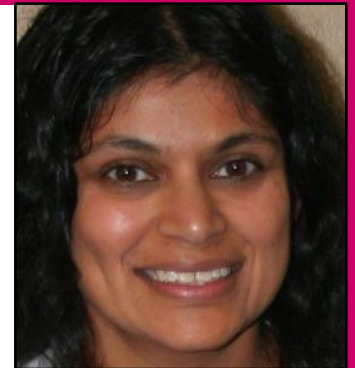
**Kimberly Naylor**

Rodan & Fields Dermatologists



laila@gnawrome.com  
1-844-629-7663  
www.gnawrome.com

*Custom embroidered  
organic muslin cotton  
baby blankets and  
personalized plush  
animals.*



**Laila Lacoucci**

Gnawrome

*Infant and Girls Accessories*

leanne@londynnelizabeth.com  
289-380-1200  
londynnelizabeth.com



**Leanne Swallow**

Londynn Elizabeth & Co.



## Everest Tree Care Ontario Inc.

46 Parkhill Drive  
Gormley, Ontario  
L0H 1G0

Tel: 905-505-6033  
Email: info@EverestTreeCareOntario.com  
www.EverestTreeCareOntario.com

*Tree removals, pruning, cabling and stump grinding.*

info@everesttreecareontario.com  
289-221-3019  
905-505-6033  
www.everesttreecareontario.com



**Lesley Everest**

Everest Tree Care Ontario Inc.



# LONGO LAW

*Real -Estate Lawyer - Longo Law is a service-oriented law firm located in the City of Vaughan dealing primarily dealing with Residential Real Estate transactions, Wills and Corporate matters.*

lianalongo@longolaw.ca  
647-990-4122  
www.longolaw.ca



**Liana Longo**  
Longo Law



*Licensed Insurance Broker / Customer Service Broker - assist clients with their policies, accounting, sales and service of Commercial policies.*

lwobito@cassidyyoung.com  
647-727-4100  
www.cassidyyoung.com



**Liane Wobito**  
Cassidy and Young Insurance Brokers Inc.



*Relator*

lindascott838@gmail.com  
905-415-3800  
647-523-6638  
www.lindascott.ca



**Linda Scott**  
HomeLife/Gold Trade Realty Ltd., Brokerage



## Lindsay de Swart

Keeping Social Media Simple

*Social Media and Online Services and Training*

lindsay@lindsaydeswart.com  
647-409-2096  
lindsaydeswart.com



**Lindsay de Swart**  
Lindsay de Swart Online



# RBC Bank

elizabeth.nesland@rbc.com  
905-715-0001  
mortgage.rbc.com/elizabeth.nesland

*Mobile Mortgage  
Specialist serving the  
York Region area.*



**Liz Nesland**  
RBC Royal Bank



l.butkushill@aurorachamber.on.ca  
905-727-7262 Ext. 21  
www.aurorachamber.on.ca

*Member  
Relations  
Ambassador*



**Lorie Butkus-Hill**  
Aurora Chamber of Commerce



**Luisa Hryσιο**  
Life and Health Insurance Advisor  
Mutual Fund Representative\*  
155 Rexdale Blvd, Suite 406  
Etobicoke, ON M9W 5Z8  
Tel.: 416-695-1433 | Fax: 416-695-1713  
Cell: 647-638-5090  
luisa.hryσιο@dfsinc.ca | www.dfsinc.ca



\*Registered trademark owned by Desjardins Financial Security

*Protection - Insurance & Investments*

www.dfsinvestmentinsurance.ca/en/representative/pages/luisahryσιο.aspx  
luisa.hryσιο@dfsinc.ca  
647-638-5090



**Luisa Hryσιο**  
Desjardins Financial Security



*Real  
Estate  
Sales*

905-895-1822  
416-171-6222  
www.lydiaingles.com



**Lydia Ingles**  
Century 21 Heritage Group Ltd.



*Mortgages,  
Homebuyers,  
Refinances, Debt  
Consolidations,  
Debt Consultations*



**Lynn Hrynyk**

Dominion Lending Centres

l.hrynykmortgages@gmail.com  
905-751-7749  
www.lynnhrynyk.ca



**ADMIN**

*Administration  
Consulting/  
Bookkeeping*



**Lynne Moore**

SR Admin

lynne@smith-rogers.com  
905-222-2444 Ext. 289

**BINAH Consulting**, Inc.

*Business Coaching*

marcy@binahconsulting.com  
416-830-5052  
www.binahconsulting.com



**Marcy Katz**

Binah Consulting, Inc.



**WAVAIR**  
LOGISTICS INC  
25 years experience moving cargo - Land, Air & Ocean

*Specializes in  
freight forwarding  
all types of cargo,  
domestic,  
international and  
oversea shipping.*



**Mary Pelletier**

Wavair Logistics Inc.

inquiries@wavairlogistics.com  
289-464-1370  
www.wavairlogistics.com

# Plan to Protect<sup>®</sup>

mbissell@plantoprotect.com  
905-642-4693  
416-518-1058  
www.plantoprotect.com

*Providing the highest standard of abuse prevention and protection to organizations servicing the vulnerable sector.*



**Melodie Bissell**  
Plan to Protect



*Where It All Comes Together*

FOXGLOVE  
INTERIOR DESIGN

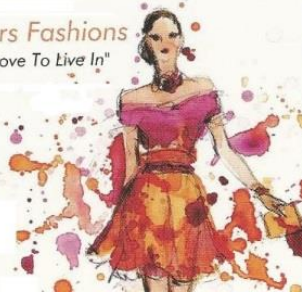
michelle@foxglovedesign.ca  
289-466-1048  
905-717-0893  
www.foxglovedesign.ca

*Interior and Kitchen Design, Commercial Design*



**Michelle Major**  
Foxglove Design Inc.

*Creative Colours Fashions*  
*"For The Clothes You Love To Live In"*



creativecoloursaurora@yahoo.ca  
905-727-0552  
416-457-7309  
www.creativecolours.ca

*Retail Women's Clothing & Accessories Boutique*



**Pam Martin**  
Creative Colours Fashions



*I help clients build and protect their wealth and legacy with peace of mind.*

advisors.tdwaterhouse.ca/patricia.greco/index.htm?source=locator  
patricia.greco@td.com  
905-707-7012  
416-817-2478



**Patricia Greco**  
TD Wealth Private Investment Advice





*Estate  
administration,  
downsizing  
and clearing.*

penny@theestateorganizer.ca  
905-952-9219  
www.theestateorganizer.ca



**Penny Schneider**  
The Estate Organizer



## REAL WEALTH ADVISORY

*I provide options to build, maintain and preserve wealth. I do this by providing access to quality service providers for everyday essential services and an investment component with Real Estate Opportunities.*

rosepallotto@gmail.com  
rose@realwealthadvisory.ca  
416-605-6843



**Rose Pallotto**  
Real Wealth Group



sabine@schleese.com  
905-898-8335 Ext. 22  
289-231-1158  
www.saddlesforwomen.com

*Director of Corporate Affairs*



**Sabine Schleese**  
Schleese Saddlery Service



# ADMIN

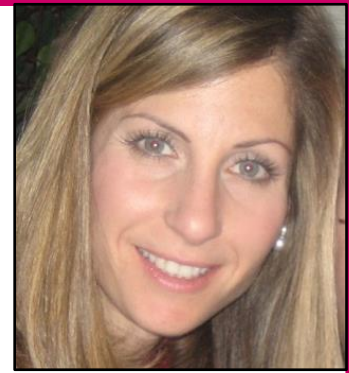
samantha@smith-rogers.com  
905-222-2444 Ext. 273



**Samantha King**  
SR Admin



*Arbonne  
Independent  
Consultant*



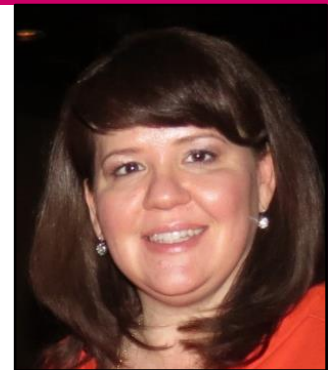
**Sandra Gusciglio**  
Arbonne

sgusciglio@rogers.com  
647-802-0955



**MOMENTUM GOLD**

*I am a Broker for  
Telecommunications,  
Energy and Banking  
for both Commercial  
and Residential.*



**Sandra Katanic**  
Momentum Gold

sandrakatanic@acnrep.com  
416-471-0800  
sandrakatanic.acndirect.com



*We look after your Small  
Claims disputes, Traffic  
Offences, Summary Criminal  
convictions, Landlord and  
Tenant, Liquor Licensing,  
Occupational Health &  
Safety, WSIB Appeals, etc.*



**Sandy Azevedo**  
ActionPros Legal

actionpros.legal@gmail.com  
416-720-9266  
289-803-4216  
www.actionproslegal.ca



*We are a digital marketing and  
innovation agency helping business  
protect their brand and reputation while  
driving success online through lead  
generation. social media and more.*



**Sarid Layton**  
Treefrog Inc.

sarid@treefrog.ca  
905-836-4442 Ext. 117  
www.treefrog.ca



*Conquering cancer through hope and healing*

skroon@cancerrecovery.ca  
905-477-7743  
289-231-7193  
www.cancerrecovery.ca

*Support families facing a cancer diagnosis.*



**Shannon Kroon**

Cancer Recovery Foundation of Canada

*Insurance and Financial Planning Advisor*

sharon.ireland@sunlife.com  
905-428-9996 Ext. 2219  
416-970-9460



**Sharon Ireland**

SunLife Financial



*Education planning, guidance, and career coaching for high school students, post-secondary students, and adults.*

shellie@bfcareercoaching.ca  
416-992-4658  
www.bfcareercoaching.ca



**Shellie Deloyer**

Bright Futures Education & Career Coaching



*Insurance broker  
– all types of  
insurance.*

sheron@axionadvantage.ca  
416-800-9279  
289-383-0311



**Sheron Campbell**

Axion-Advantage Insurance Services



*I am a Financial Consultant passionate about helping people achieve their financials goals and dreams.*

sonja.reardon@investorsgroup.com  
905-895-6718 Ext. 606  
905-716-2474



**Sonja Reardon**  
Investors Group



*I help people to improve their health using all-natural nutritional products.*

sue@totalbalancenutrition.ca  
905-955-0143  
www.totalbalancenutrition.ca



**Sue Sanders**  
Total Balance Nutrition



**DeafBlind**  
ONTARIO SERVICES

ddc@deafblindontario.com  
905-853-2862 Ext. 228  
416-806-4755  
www.deafblindontario.com

*DeafBlind Ontario Services supports individuals who are both deaf and blind through residential and community services throughout the province.*



**Susan Manahan**  
DeafBlind Ontario Services



*Human Resources Consulting - Providing on-call Human Resources services for small and medium businesses that do not require a Human Resources department and caters to the hurdles that many employers and their staff face.*

susan.orenbach@rogers.com  
416-562-4533

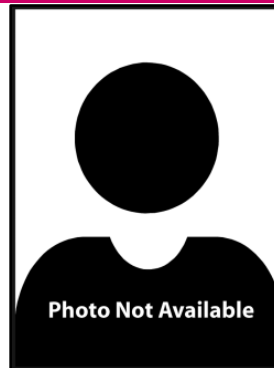


**Susan Orenbach**  
Orenbach Consulting Services

# Ladies Lounge

*An online resource for local events, deals and news.*

admin@ladieslounge.ca  
www.ladieslounge.ca



**Tracee Bovaird**  
Ladies Lounge



team@sacredphysicality.com  
www.sacredphysicality.com  
1-855-981-5664

*Help women  
business owners  
create a life they  
love filled with joy,  
peace, and a deep  
connection to spirit.*



**Vanessa Long**  
Sacred Physicality Coaching and Coach Training



Town of  
**East Gwillimbury**

vhackson@eastgwillimbury.ca  
905-478-4282 Ext. 3800



**Mayor Virginia Hackson**  
Town of East Gwillimbury



vibrantwellnessbeauty@gmail.com  
905-836-9696  
905-252-5303

*Founder of Vibrant Wellness  
& Beauty-Day Spa*



**Ziba Parsi**  
Vibrant Wellness & Beauty

*Live, Laugh, Love, Collaborate !!*



Enjoy a take-home  
to remind you of  
our theme.



## MAIN 2015 EVENTS

Month	Event	Day	Date	Time	Location	Address	Town
January	Cocktail Party	Wednesday	21st	5:30-7:00pm	Marlowe's Restaurant Wine Bar	155 York Boulevard	Richmond Hill
February	Dinner	Thursday	26th	7:00-8:30pm	Treefrog Inc.	567 Davis Drive	Newmarket
March	Lunch	Thursday	26th	12:00-1:30pm	Sharon Temple	18974 Leslie Street	East Gwillimbury
April	Dinner	Tuesday	21st	7:00-9:00pm	Sleepy Hollow Country Club	13242 10th Line	Stouffville
May	Lunch	Tuesday	26th	12:00-1:30pm	Gem Theatre	11 Church Street	Keswick
June	Breakfast	Wednesday	24th	8:00-9:30am	Pheasant Run Golf Club	18033 Warden Ave	Sharon
July	Dinner	Thursday	23rd	7:00-8:30pm	Dave and Buster's Restaurant	120 Interchange Way	Vaughan
August	Breakfast	Tuesday	25th	8:00-9:30am	Kingbridge Centre	12750 Jane Street	King
September	Luncheon	Thursday	24th	12:00-1:30pm	Markham Museum	9350 Highway 48	Markham
October	Cocktail Party	Wednesday	21st	5:30-7:00pm	Aurora Cultural Centre	22 Church Street	Aurora
November	Dinner	Wednesday	18th	7:00-8:30pm	Centre for the Performing Arts	10268 Yonge Street	Richmond Hill
December	( NO MAIN EVENT )						

### CONTACT INFORMATION:

Email Address:

[info@bwnyr.com](mailto:info@bwnyr.com)

Website:

<http://bwnyr.com>

Mailing Address: #303, 72 Main Street, Mount Albert, Ontario L0G 1M0