

For Immediate Release

NEWS RELEASE

Attention: General Assignment, Women, Wellness, Wisdom, Personal Development, Fitness, Nutrition

DR. NATHALIE BEAUCHAMP SET TO HOLD 3RD ANNUAL W3 OTTAWA EVENT TO EMPOWER WOMEN OF OTTAWA AND SURROUNDING AREAS

OTTAWA, August 28, 2014 – Dr. Nathalie Beauchamp, owner of Sante Chiropractic and Wellness Centre and founder of the Ottawa Health and Wellness Expo is hosting the 3rd annual W3 Ottawa Event on Sunday, September 14th at the Shenkman Arts Centre in Ottawa East. The full day event (which centers on three pillars: women, wisdom and wellness) is set to be a day filled with inspiration and empowerment. It focuses on the importance of a healthy mind, body and soul through the stories of eight amazing speakers.

According to Dr. Nathalie Beauchamp, “The W3 Event was created by women for women, as a way to provide women with the tools necessary to help them live a purposeful, healthy and happy life.” The event’s speakers include: Dr. Nathalie Beauchamp, Linda Houle-Robert, Caroline Rochon, Julie Richer, Francesca DaVila, Samantha Moonsammy, Nathalie Arseneault, and a special celebrity guest.

“The unconventional format of the event is sure to keep attendees invigorated and refreshed throughout the day,” states Dr. Nathalie Beauchamp. Not only will attendees hear from the eight amazing speakers, but they also have the opportunity to attend a yoga class or Zumba class during the day and are provided with a healthy, delicious gluten-free lunch.

But that's not all. The W3 Ottawa is also host of the W3 Achievement Awards, recognizing the women of Ottawa for their hard work, perseverance, and success. The W3 Achievement Awards gives individuals the chance to nominate and vote for inspiring women in a variety of categories.” Categories include: the Graceful Aging Award, the Inspiring Young Woman Award, the Mother/Daughter Award, the Thirst for Wellness Award, the Health Activist Award, the Sport’s Mom Award, and the Perseverance Award. Voting is open until Wednesday, September 10th, 2014 and the winners will be recognized on stage the day of the event.

Tickets (\$67 for the full day event including lunch) can be purchased online at www.w3Ottawa.com or in person at Sante Chiropractic and Wellness Centre located at 1-1224 Place d'Orleans Dr, Orleans, ON. For more information visit the w3 website or e-mail Dr. Nathalie and her team at w3ottawa@gmail.com

About the Founders of W3

Dr. Nathalie Beauchamp, B.Sc., D.C. is an Ottawa based chiropractor, a certified personal fitness trainer, a professional natural figure/bodybuilder, a wellness consultant, lecturer and local TV personality. She is the co-author of the published book—*Wellness On The Go: Take the Plunge- It's Your Life!* and the creator of the *Roadmap to Wellness*, an online coaching program, designed to teach clients how to live a wellness lifestyle. She is the owner of Beauchamp Lifestyle and Chiropractic Centre and is the recipient of the 2009 Chiropractor of the Year award from the Chiropractic Leadership Alliance. She is also the founder of the annual Orleans Wellness Expo a community based event that gathers over 1 thousand people each year. Dr. Nathalie's mission is to lead, educate and empower people to Be Fit, Eat Right, Think Well and Go Green! You can find her at [@drnathalie](https://twitter.com/drnathalie) on twitter and www.facebook.com/drnathalie

Images available. For more information, please contact:
Dr. Nathalie Beauchamp 613-837-2883
www.w3ottawa.com