

Halton Hills Mompreneurs' Showcase – Gets Growing with Frankie Flowers

On November 5, at Christ the King Secondary School in Georgetown, 46 local moms in business, a.k.a. Mompreneurs, gathered together to showcase their services and products to the community. With over 600 visitors through the doors, the inaugural Showcase for the Halton Hills' Mompreneur Chapter was a great success. The day's activities included cupcake decorating, a live reptile display, a bouncy castle and face painting. Families had a great visit while discovering the talent available in our own backyard.

Adina Ingram, owner and longtime resident of Halton, said the day was nothing short of amazing. "As a small business owner and mom myself, having an outlet like our Showcase is what mompreneurs need to help market their talent to the community. We are a proud supporter of the Shop Local Campaign, and the public here in Halton Hills spoke loud and clear that they are here to support these businesses as well."

Brenda Damota, Latasia representative and vendor at the show said, "I had the pleasure of being a vendor at the Mompreneur show in November. It was a great experience with a wonderful turnout. I am looking forward to the next one as I got plenty of leads and some great sales as well. It was one of the best shows

I have participated in here in Georgetown...very professional."

Mom-run businesses are not here for the short-term. With the desire (and need) for a dual-income household, moms have turned to entrepreneurial and home-based businesses to continue supporting their families financially, while having the flexibility of schedule and workload. The Ontario Mompreneurs Groups and Showcases has 12 successful chapters in the province, all partnered with the Canadian-based magazine, MOMpreneur® (www.themompreneur.com).

With the achievement of the Fall Showcase, Ingram was eager to start planning the Spring Show, set to happen at Ctk on March 31 from 10 a.m. to 3 p.m. "Our Spring Showcase will need to be bigger, better and offer more for our guests. We welcome Mayor Bonnett at 10:30 a.m. for opening remarks and we are happy to have Economic Development Officer, Doug Penrice join us as well. Our list

of businesses is amazing and we know the community will love to shop, browse and play amongst the talent that is Halton Hills."

The Showcase also offers some celebrity presence. Ingram has been busy securing a well-known Breakfast Television personality and nationally acclaimed expert gardener Frank Ferragine (Frankie Flowers). Frankie will be on stage at 11:30 a.m. to demonstrate some ideas for potted flowers this spring and will welcome questions from the guests. A book signing will take place immediately following the demonstration. His new book "Pot it Up" and his national bestselling, "Get Growing" will be available for purchase below cover price. One dollar from each book sold will go to the Show's charity of choice, Halton Habitat for Humanity.

Admission and door prize ticket sales will go directly to Habitat. The November Showcase brought in close to \$1,000 for Halton Food for Thought.



The Showcase is made possible by local businesses and their sponsorship dollars. With a hefty advertising campaign to help aid in the Showcase's success and, in turn, public awareness for our mompreneur businesses, the show relies on the generous support of these companies to help brand the show.

If you are interested in joining the line up of mompreneur vendors or want to be recognized as a business that supports the local mompreneur by becoming a sponsor, contact Adina at info@haltonhillsmompreneurs.com or visit their website at www.haltonhillsmompreneurs.com.

Halton Hills Mompreneurs is a proud member of the Halton Hills Chamber of Commerce and supports the Shop Local Campaign.

**MARCH 31ST
SPRING SHOWCASE
Guest Speaker Frankie Flowers**



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When we think about heart disease and strokes, we think about risk factors such as smoking, obesity, a sedentary lifestyle, high cholesterol, hypertension, diabetes, and excessive alcohol consumption. The month of February, which has been declared Heart Month by the Heart and Stroke Foundation, is a great opportunity to take on the other big enemy of a healthy heart: stress. This is the perfect time for all of us to incorporate some stress relieving techniques into our daily lives.

A certain amount of stress can be a good thing, but too much of it should be avoided. Undue stress can stem from major life events such as losing a job or divorce or even from daily worries such as traffic jams, busy family schedules, or interpersonal conflict. Its main symptoms include anxiety, headaches, stomach and bowel problems, and muscle tension. Stress can also cause an increase in cholesterol levels or blood pressure and can result in a narrowing of the arteries. Managing stress first requires that you understand what is preventing you from feeling relaxed, whether it can be directly resolved or not. The next step is to become more physically active, which will help you flush out the stress hormones in your body. Try not to bottle up your emotions; share your feelings with loved ones. Try to set aside some time just for yourself and take regular vacations from work. Eating a healthy, balanced diet should also be a priority and, last but not least, make laughter a part of your daily life. Laughing is a great natural mechanism for relieving stress and it is guaranteed to leave you feeling good!

The main symptoms of undue stress are anxiety, muscle tension, headaches and digestive troubles.

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