



## Downtown Spa & Relaxation Centre

Dorri Bland, Founder and Owner

For International Women's Day, Dorri Bland is celebrating by taking better care of herself so she can take better care of others. This is just one of many lessons she's learned in 29 years of being in the wellness business.

"As I enter my 60s I find myself wanting to inspire and teach what I have learned along the way, not only to my age group but to the younger generation as well," says Bland. "As I move forward with this new chapter I will continue to explore health, fitness, nutrition and lifestyle so that we can achieve beauty from the inside out." Bland's philosophy for healthy skin is to prevent, maintain and reverse, so women can feel their best every day. She takes care of her skin and wellbeing using treatments and products that are based on natural healing with non-toxic ingredients.

For Bland, women can better take care of those we love by ensuring our own health is in check. She sees this as a personal responsibility to learn, share, and indulge in a healthy lifestyle. "Maybe one day I will be considered an anti-age specialist, that's my goal," she says. Just like many women all over the world, Bland strives to achieve her personal and professional goals every day.

Bland's essential pillars in all aspects of her life include integrity, authenticity, and commitment. These three qualities never fail to help her succeed.



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## InFocus Rehabilitation Centre

Jenni Veneruz, Registered Physiotherapist

For International Women's Day, Jenni Veneruz reflects on her business journey and seizing every opportunity to get where she is today. Veneruz created and established InFocus Rehabilitation Centre more than 10 years ago with a vision of being able to provide her community with excellent healthcare and services that were not readily available. As many business owners will experience, whether they are male or female, there were many challenges along the way for her. "The learning never stops and there are always opportunities for growth", she says. "One of my greatest accomplishments is building a team of amazing people, whom I love going to work with everyday."

Empowering people, especially women, to manage themselves and care about their work is important to Veneruz. "Leadership is about helping people to succeed and enjoy what they do, while teaching them gently along the way." This is a strong value that she embraces everyday.

For Veneruz, her advice for readers this International Women's Day is to follow your gut, create your vision and find great people to help you along the way.



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## Seven ways to be an advocate for women's rights

Every year on March 8, countries around the globe mark International Women's Day. It's a time to both recognize women's achievements and acknowledge the challenges they continue to face in the pursuit of gender equality. Wondering how you can help promote gender equality in your daily life? Here are seven ways to make a difference.

### 1. RAISE YOUR VOICE

Whether it's in the workplace, among friends and family members or at a public event, speaking up on behalf of gender equality is an integral step in advancing women's rights and freedoms.

### 2. SUPPORT WOMEN

Supporting women can take many forms including listening to their stories, endorsing their businesses, offering counsel and providing resources that empower them to take charge of their own lives.

### 3. SHARE THE WORKLOAD

Women do as much as two-and-a-half times more unpaid care and domestic work than men. Divvying up these jobs equally between men and women allows everyone to pursue other

types of meaningful work.

### 4. GET WOMEN INVOLVED IN POLITICS

Communities need women to assume leadership roles so that women's concerns and needs can be better addressed. Encourage women to run for leadership roles and vote for them when they do.

### 5. EDUCATE YOUTH

Both boys and girls should learn about the status of women's rights and how they themselves can become advocates of gender parity.

### 6. ENSURE WOMEN KNOW THEIR RIGHTS

Women need to understand the legal and civil rights they have and how to protect them at home, at work and in their communities.

### 7. JOIN THE CONVERSATION

Social media platforms are increasingly becoming a place where advocates of women's rights can join forces to affect social change.

This year for International Women's Day, look for ways you can become a champion of women's rights. No matter how small, every voice counts and every step forward matters.

~Newspaper Toolbox

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Margaret Olah, president

"International Women's Day is an opportunity to honour the strength of womanhood, a day in the year to reflect on all that women have survived, changed and will continue to change," says Margaret Olah. As president of Kabinet Pro, Olah was raised to believe that she was "capable, intelligent and regardless of my gender, I would have the opportunity to pursue my goals and dreams through hard work and perseverance."

That's taken the successful entrepreneur far in her life and career – one that she says is even more successful thanks to her love of what she does.



Olah explains that her belief in herself and her team has helped her career and that she mentors "a new generation of promise and potential" by imparting her experiences on young people.

"Follow your passion and expect that there will be many sacrifices along the way in order to achieve the level of success and happiness you desire," the entrepreneur advises.

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