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FOR IMMEDIATE RELEASE
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“TAKING THE CHALLENGE: EATING HEALTHIER ON THE ROAD, ON THE JOB AND ON THE GO” A NEW WORKSHOP FROM THE OPTICAL WOMEN’S ASSOCIATION

Las Vegas NV ~ The Optical Women’s Association will host a new Professional Optical Women’s Workshop (P.O.W.W.) titled, “Taking the Challenge: Eating healthier on the road, on the job and on the go” on Wednesday, September 5th at the start of Vision Expo West, here. The OWA is asking its members to “Take the Challenge” and become part of this interactive workshop to be presented by professional trainer, Rebecca Johnson, CPOT, COT, COE.

Like most of us, Johnson finds herself on the go, on the job or on the road, all the time. Trying to eat healthy is not only a challenge, but sometimes seems impossible. But Johnson has decided to challenge herself. For the days leading up to Vision Expo West, she is making a concentrated effort to find a way to improve her diet while on the go. Johnson is blogging about her journey to better eating and then during the OWA’s P.O.W.W. event, she will share her experiences, give tips, and advice on her successes and even her failures. Workshop participants will be asked to share their experiences as well by adding their tips for success to the mix.

As part of the P.O.W.W. event, Johnson is asking people to check out her blog, post comments, and provide encouragement, tips or advice. Johnson will be sharing this information and what she has learned along the way during her workshop. Click on the link below to be taken to the blog postings on this topic. <http://eyetrain4you.com/category/beccas-blog/countdown-to-a-healthier-lifestyle-lessons-learned/>

“We wanted to get this message out early so people could follow the blog postings, add comments and participate in the challenge. We are encouraging our members to take the challenge themselves and then share their successes by commenting on the blog or sharing during the P.O.W.W. event,” said Christie Walker, OWA board member and P.O.W.W. event coordinator.

Additional information on the event and how to sign up will be forthcoming in the months ahead.



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The Optical Women's Association is a non-profit organization founded in 1997 with the mission of supporting and promoting the professional development of women in the optical industry. Projects and programs include the Professional Optical Women's Workshop, providing women in the optical industry with personal and professional growth opportunities; networking events at both Vision Expo East and West; and the annual Pleiades award which recognizes and honors individuals who have made a significant difference for women in the optical industry.

The OWA would like to thank our 2012 professional development fund sponsors for their generous support and belief in the OWA mission.

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