



FOR IMMEDIATE RELEASE

Toronto, ON (March 24, 2010) – **Highly sought after International Professional Speaker, Author, Consultant, Life Expert, Motivational Steps™ Founder and two-time breast cancer survivor Linda Ockwell-Jenner featured as a guest speaker at Canada’s National Health Show!**

“I believe that the National Health Show is an event where I can share my passion for Health & Wellness and inspire attendees to make Awareness, Prevention & Early Detection a part of their daily life.” says Linda of her involvement in the event.

Linda was born in the United Kingdom and made Canada her home in 1993. After many challenges, she turned her attention to founding Motivational Steps™ in order to reach a wider audience. Linda has since written two books: *A Life Like Mine* and *The APE Philosophy*, and was nominated for *Woman of the Year*. Linda also founded a highly successful small business networking group, the *Small Business Community Network*, in 2003, *Rogers Oktoberfest Woman of the Year, 2005 Nominee*, Host of the *Motivational Moments* podcast, running since 2005 and author of *Stepping Stone*, the global monthly newsletter from Motivational Steps™.

Motivational Steps™ is a leading consulting and personal development company in Ontario, Canada. Through its portfolio of inspirational products and personalized services, Motivational Steps provides companies, organizations and individuals with the tools they need to reach their goals. Motivational Steps™ is a single-source for business and personal development, dedicated and passionate in their quest to offer authentic programs and solutions that directly benefit clients. Linda helps organizations face their toughest challenges and succeed.

“After being diagnosed with breast cancer twice I returned to school and found my true vocation. My simple message will be that if I can do it, you can too!” says Linda of what her message will be to attendees.

The National Health Show takes place Saturday, October 23rd to Sunday, October 24th, 2010 at the Direct Energy Centre, Exhibition Place, Toronto where Linda Ockwell-Jenner will be a guest speaker.

For more information visit www.nationalhealthshow.com