

FOR IMMEDIATE RELEASE

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Publisher of Mothering Magazine Peggy O'Mara is Speaking at the Healthy Families Conference

Vancouver, BC – On April 18-19, 2009 Peggy O'Mara, publisher and owner of the popular magazine Mothering, will be speaking to educators and parents at the inaugural Healthy Families Conference hosted by conference visionary Margo Running, of LifeWays Childcare Society.

In a recent interview with Sarah Juliusson of Mama Renew, a conference sponsor, Peggy O'Mara commented on how the building community for children is really at the core of family life:

"It is important for families to create their own ethos...they are their own community. This is the first community, and everything else should flow from that." As new parents, it can be difficult to navigate the wealth of information and products available to us. Parents are faced with the challenge of not only sifting through the information, but also discerning what feels right for themselves and their children.

The Healthy Families Conference is a two-day event focused on answering questions such as: How do we simplify, slow down in order to give quality time to our children, in our home, in our care and in our school? How do we create a community around our children?

This event is aiming to provide individuals with the skills and strategies they need to nurture strong relationships within their families and create strong ties for children within their community and is the first of its kind in Vancouver. This conference has attracted some of the biggest names in parenting and early-childhood development; Peggy O'Mara is in good company with Shea Darian (Author, Parent Educator), Suzanne Down (Juniper Tree Puppets), Cynthia Aldinger (LifeWays), and Anna Rainville (Top Kindergarten Teacher in California, 2002).

Event Details – Healthy Families Canada is hosting the conference at the UBC Student Union Building (6138 Student Union Boulevard) on April 18-19, 2009. Registration is available online at www.healthyfamiliescanada.org and individuals can register at the full conference rate for \$225 for a limited time can register at a half-day rate for just \$59 (group discounts are also available). Questions about the conference can be sent to info@healthyfamiliescanada.org.

Media Contact – If you are a member of the media and would like to learn more about emerging stories regarding the Healthy Families Conference or would like to interview Margo Running or Peggy O'Mara please contact Corwin Hiebert by phone at 604-803-2019 or by e-mail at: corwin@redwagonmanagement.com.

To read more about Mama Renew's conversation with Peggy O'Mara please visit: www.mamarenew.ca/blog