



FOR IMMEDIATE RELEASE

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Health is Wealth: Empowering you to stand up for your own Health and Fitness.

Williamsburg, Va. – July 6, 2015 – Fitness and Wellness extraordinaire, Velma Canaday is pleased to announce her first annual “Butt-kicking Bootcamp”, to be held at James City County Recreation Center in Williamsburg, Virginia on Sunday, July 26, 2015 from 11am – 12pm. Followed with a book signing of her co-authored book and answers to any meal planning questions.

Velma Canaday a former standout track star at Jamestown High and a Norfolk State Alumni recognizes the disparity among the minority community in regards to exercise and healthy eating options. Her motivation for wanting to kick things up a notch and to reach those persons through her “Butt-Kicking Bootcamp” is to give people a step in the right direction. It is her vision to bring awareness about your current health state and education on what you are eating in a supportive environment which will help foster your personal goals.

To round out the afternoon participants will enjoy complimentary refreshments, snack food samples and a raffle sponsored by Trader Joes and more. For additional information, please visit <http://www.velmacanaday.com/events/bootcamp.html>