

## **FOR IMMEDIATE RELEASE**

### **Still going strong - live your best life in 2010!**

As we head into the New Year the Live Your Best Life monthly meetings continue to go from strength to strength, and extend a warm welcome to anyone wishing to fulfil their potential in personal development, health and well being. So whoever you are – new Mum, start – up business, young person or ninety year old novelist a warm welcomes awaits you.

Founded by Maria Varallo and Sam Greenley, the Live Your Best Life meetings have become an important event for anyone looking for an enjoyable evening where they can network with others and share ideas in a friendly and optimistic environment. The meetings also feature a guest speaker, who comes to inspire Live Your Best Lifers and share their experiences.

Maria explains, “We wanted to create a regular meeting with a different focus each month, but always with the same warm welcome and easy, informal atmosphere. Coming up this year we have varied themes from

animal healing to Nordic walking, and we're always looking for guest speakers so if you're interested please do get in touch."

Live Your Best Life meetings are held at The Express by Holiday Inn, Coldhams Park, Norman Way, Cambridge CB1 3LH

For more information and dates [www.liveyourbestlife.org.uk](http://www.liveyourbestlife.org.uk)

## **ENDS**

Note for Editors: -

Live Your Best Life was set up in 2008 as a not for profit community, 10% of any proceeds goes to local charity.

Contact – Maria 0797 494 2724 / Sam 0784 118 7285