

FOR IMMEDIATE RELEASE

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Canada's Public Broadcaster Features Toronto Women's Stress Relief Group

Toronto, Ontario – January 15, 2021 -- Evelyn K. Ennor is pleased to announce today that Canada's public broadcaster, the CBC, has featured her fitness and stress relief group for women in a national news series that highlights positive pandemic stories.

"It's a way of injecting some positivity into the challenges imposed by the pandemic and keep ourselves physically, emotionally, and mentally balanced at the same time," says Evelyn about the group, adding, "Hopefully it will inspire others to think creatively and find their own way of coping."

The segment was televised across the country on the CBC's flagship evening news show The National and its specialty channel CBC News Network that broadcasts into 10 million homes in Canada.

Stories about the group also reached large audiences in the Toronto and Ontario media markets via CBC radio and web coverage.

Evelyn launched the group in June, 2020 as a solution to some of the critical challenges posed by Covid-19, from keeping fit to combatting stress and isolation.

She (or her co-lead Susan) leads the women through a music-accompanied routine that includes stretching, yoga, breathwork, cardio, and the gentle movements of Qigong. They meet three mornings a week in the city's High Park no matter the weather.

The dedicated and determined group of women came together after their local fitness centre was locked down in spring 2020 because of the pandemic.

Group members range in age from their late 50s to mid-80s, and come from a variety of professional backgrounds. Many of them live alone and find a strong sense of community within the group.

While the group likes to celebrate special occasions like Hallowe'en or birthdays with home-baked goodies and costumes, they also practice Covid-19 health and safety rules by wearing masks and social distancing at all times.

About Evelyn Ennor

Evelyn K. Ennor is the principal of Toronto-based [EvelynEnnor.com](https://www.EvelynEnnor.com). Since 2004, she has been dedicated to teaching holistic stress management techniques in the workplace. She shares her wealth of wellness knowledge with the goal of empowering and inspiring individuals to improve their wellbeing.

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