



MEDIA ADVISORY

For immediate release: Wednesday, October 22, 2008.

Cutting through the Green

Bridgitte Alomes, Natural Pod and Lisa Palleson Stallan, Lotuswear provide tips on how to make the holidays greener and budget friendly

Two successful socially-conscious and green-friendly entrepreneur moms will be sharing their inspirational stories and tips on how families can make their holidays greener and budget friendly at the next momcafé event on Friday, November 28 at the Watermark Restaurant on Kits Beach.

Bridgitte Alomes, Natural Pod, owner and founder of Natural Pod

Bridgitte Alomes is the owner and founder of Natural Pod - a leading online retailer of high quality, natural products and toys that inspire creative and imaginative play for families. Natural Pod is committed to the design and local manufacturing of original and exclusive handcrafted items. Bridgitte's work with Natural Pod is inspired by her deep commitment to her family, and providing children with safe non-toxic toys. Bridgitte is also the co-owner of Now Strategies Inc - a marketing strategy consulting firm. She also loves dance, music and midnight chocolate.

Lisa Palleson Stallan, co-founder of Lotuswear

In 2003, Lisa and her husband Andrew founded Lotuswear Designs Ltd. with a commitment to maintaining high ethical standards and fair practice and manufacturing clothing within Vancouver. Today, Lotuswear remains one of the few Canadian companies to manufacture solely in Canada and is a social leader in each of its retail locations. In 2006, Lotuswear launched its "Go Green" program and began to introduce sustainable fabrics into its clothing line. Lisa's true passion and inspiration for her work lies with her four young children and her husband. She firmly believes that success lies within strong ethical practices and actively seeks to bind the local community together by setting such examples.

What: momcafé event
"Cutting through the Green"

Who: Bridgitte Alomes, Natural Pod
Lisa Palleson Stallan, Lotuswear



When: 9:15 a.m. – 11:15 a.m.
Friday, November 28, 2008

Where: Watermark Restaurant
Kits Beach, 1305 Arbutus Street, Vancouver

Cost: **\$32.00** non-members - **\$26.25** members (including GST)
Onsite childcare is available for an additional fee.

To register: www.momcafe.net/register/19

A portion of the event proceeds will go to support the Vancouver Food Bank.

momcafé is an organization that provides support and resources for professional moms in the form of monthly meetings and quarterly seminars. Thank you to our community partners: BC Hydro, Le Petit Spa, Spa Boutique, Penny Mitchell Realty, Nannies on Call and Natural Pod.

For additional information please contact:

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