For Immediate Release

August 30, 2015
Contact: Janeen Halliwell
Phone: 613.743.2030
Email: janeen@wemoveforward.com
Website: www.wemoveforward.com

"We Move Forward 2016" Wants You to 'Live Your Best Life'

Ontario, Canada - **Janeen Halliwell,** founder of the International Women's Day event, We Move Forward, announced the theme of the March 3 to 6, 2016 conference to be held on Isla Mujeres, The Island of Women, Mexico.

"This is the fifth year for We Move Forward, and to celebrate this milestone we are spicing things up. The program includes world-class speakers featuring rock-star, poet and actor Bif Naked, interactive workshops, and the addition of beach activities that literally happen three steps from the conference. This year's theme, 'Live Your Best Life,' promises to be the best yet."

Over the course of four days participants at We Move Forward will be enraptured and motivated by stories from women of all ages and stages of life exploring their worlds, and how they have intentionally steered their lives in one direction, forward, and lived their best lives as a result.

Bif Naked (international rock star, poet and actor) will lead the line-up providing a riveting and hope fuelled look at life openly sharing her life's journey from being an orphaned child in New Delhi to going toe to toe with breast cancer in her late 30's. She will be joined by best-selling investigative author and broadcaster, **Paula Todd** who will share lessons from her book, *A Quiet Courage: Inspiring Stories from All of Us*, full of real-life tales of everyday people shifting tragedy into triumph. Paula will also lead a workshop 'Write On' for aspiring writers.

The extremely popular comedian and musician, **Lisa Koch** returns this year to We Move Forward. Lisa was asked to come back before she even left; at WMF 2015 she received a standing ovation after her first 10 minutes on stage and rave reviews all around. Rounding out the program is an eclectic, energizing and incomparable group of women found nowhere else including Mayan Priestess Jerusha Akatzin, and speakers and facilitators, Dawn James, Clara Kluk, Cherri Prince, Barbara Burke, and Kristi Strickland-Blakeway. Movement sessions – including yoga and pilates - keep participants active and engaged, while guided meditations and a Mayan blessing encourage peace and harmony.

"We Move Forward is truly unique in the event world, as the speakers stick around to take part in the four day event. Participants get to know and connect with them personally and professionally – a highlight for everyone. We invite women of all ages and stages seeking to move forward in life to join us for an unforgettable experience on Isla Mujeres,"says Halliwell. Importantly, as well as women attending from all over the world, local Mexican women are sponsored to participate as We Move Forward believes that inspiration must be accessible to all women regardless of income.

Details about travel arrangements, accommodations, charitable giving, and past years are available at wemoveforward.com