

## FOR IMMEDIATE RELEASE

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### “The Financial Parent Consultant” to speak at Women’s Fitness Bootcamp

Suwanee, Ga August 1, 2016– Sheena Robinson, *The Financial Parent Consultant* will be featured as the keynote speaker to kick off B3 Women’s Fitness and Empowerment Program’s first Motivational Mondays session hosted by Get Fit with Lady T at George Pierce Community Center in Suwanee on Monday, August 8. She will be speaking about the importance of managing your finances to help reduce stress.

The sessions are a part of the organizations six week fitness bootcamp. Before each workout, local experts will conduct mini seminars to speak on topics that affect women the most such as their health, finances, self-esteem, and careers. In addition to seminars, participants will receive meal plans, pre-planned workouts for two days off, self-esteem and vision homework, accountability homework, and traveling opportunities

“I am so excited to be able to help women get their life back on track physically, emotionally, and mentally,” said TaNeshia Reed, the owner of B3 Women’s Fitness and Empowerment Program. “I wanted to bring something to the community that would allow women to become empowered about who they really are.”

Robinson will be sharing how to have fun in your finances and relieve stress. She will walk attendees through the steps to overcoming yourself and walking into a successful financial future today. She will also share financial tips from her new book, *Financial Parenthood: The Keys to Raising a Rich Kid*.

“I look forward to helping women understand how to manage their finances and not allow their finances to cause them financial distress,” said Robinson.

The bootcamp will be held on Mondays and Wednesdays from 6:30pm -7:30pm. To register or get more information about the sessions, visit [www.getfitwithladyt.com](http://www.getfitwithladyt.com).

**About B3 Women’s Fitness and Empowerment Program:** B3 Women’s Fitness and Empowerment Program is a women’s only fitness and empowerment program that focuses on helping women fall back in love with themselves, take time for themselves, find their inner peace, invest in themselves, and see their self-worth.

**About Sheena:** Sheena Robinson, *The Financial Parent Consultant* is a financial professional who specializes in helping parents create financial and career plans for their children. She is the founder of Diva 4 Wealth, an organization dedicated to teaching financial education. She hosts various financial workshops monthly.