

FOR IMMEDIATE RELEASE

Howe Sound Women's Centre Announces Re-Launch of Sea to Sky Women's Health Network

SQUAMISH, BC (January 21, 2014) The Howe Sound Women's Centre Society ("The Women's Centre") today announced the re-launch of the Sea to Sky Women's Health Network, a series of health and wellness events for women throughout the Sea to Sky Corridor. The goal of the program is to provide accessible and practical health, wellness and safety information to women in the communities of Squamish, Whistler and Pemberton. The series operates in partnership with Vancouver Coastal Health Authority, the Squamish, Whistler and Pemberton Public Libraries, and is made possible with funding support provided by the TELUS Community Action Team.

"Community outreach through the Sea to Sky Women's Health Network is an important part of reducing healthcare barriers for women," says Sheila Allen, executive director of the Howe Sound Women's Centre Society. "By providing women with access to this information, we are empowering them to improve health and wellness outcomes for themselves and their children, something we believe contributes to the wellbeing of our communities as a whole."

The additional funding provided by TELUS enables organizers to increase the frequency, scope and promotion of the events, thereby increasing both awareness of the program and the positive health outcomes for those that attend. Organizers expect more than 120 women from the Sea to Sky Corridor to attend the events each year.

"Access to relevant and reliable health and wellness information is important to Canadians, and my colleagues and I at TELUS recognize how critical these opportunities are for our local community members," says Linda Godin, Customer Service Delivery Project Manager and member of the Sea to Sky and Sunshine Coast Community Action Team. "We believe supporting the local Women's Centre by bringing these health and wellness services to the Sea to Sky Corridor will create healthier and better communities that will benefit us all."

Three events will be held in each of Squamish, Whistler and Pemberton in 2014, and will provide information on topics such as nutrition, healthy lifestyle choices and subjects that are empowering to women. The first event is a Women's Self Defense workshop with martial arts coach Sami Gustafson, which takes place at the Squamish Public Library on Thursday, January 23 from 6:30 pm to 8:00 pm. All events are free. To register, call the Women's Centre at (604) 892-5748.

For more information about the Sea to Sky Women's Health Network and future events, visit www.hswc.ca.

About The Howe Sound Women's Centre Society

The Howe Sound Women's Centre Society is a charitable organization that has been serving the Sea to Sky Community for 32 years. The Women's Centre is focused on supporting women, children and youth who are in need of emergency shelter, support, referrals and advocacy, and in particular, those who are victims of domestic violence. The Women's Centre offers emergency housing through Pearl's Place Transition Home and Pearl's Safe Home, children and youth focused programs such as Children Who Witness Abuse counselling, Working Through Separation and Divorce counselling, and Violence is Preventable education, multicultural outreach, and health and wellness programs such as yoga and meditation. The Squamish and Whistler Women's Centres receive over 5,500 visits annually. The Women's Centre also operates Pearl's Value & Vintage, a second hand thrift store selling gently used and vintage goods, with all proceeds from sales supporting Howe Sound Women's Centre Society programs. For more information, visit www.hswc.ca.

About TELUS

TELUS (TSX: T, NYSE: TU) is a leading national telecommunications company in Canada, with \$11.3 billion of annual revenue and 13.3 million customer connections, including 7.8 million wireless subscribers, 3.3 million wireline network access lines, 1.4 million Internet subscribers and 776,000 TELUS TV customers. Led since 2000 by President and CEO, Darren Entwistle, TELUS provides a wide range of communications products and services, including wireless, data, Internet protocol (IP), voice, television, entertainment and video.

In support of our philosophy to give where we live, TELUS, our team members and retirees have contributed more than \$300 million to charitable and not-for-profit organizations and volunteered 4.8 million hours of service to local communities since 2000. Fourteen TELUS Community Boards lead TELUS' local philanthropic initiatives. TELUS was honoured to be named the most outstanding philanthropic corporation globally for 2010 by the Association of Fundraising Professionals, becoming the first Canadian company to receive this prestigious international recognition.

For more information about TELUS, please visit telus.com.

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