



## NEWS RELEASE

FOR IMMEDIATE RELEASE

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### **Brightside Academy's Brooklyn Women Empowerment Event Scheduled for Saturday, April 27**

**(Pittsburgh, PA, April 22, 2013)** – Brightside Academy announced today that its 683 Barbey Street academy in Brooklyn, NY will hold a women's empowerment event for academy and community mothers on Saturday, April 27, 2013 from 11:30 a.m. to 3:30 p.m. to celebrate positive women role models and provide information on women's life, health, nutrition and wellness issues.

Icilma Barzey, Lead Clinical Dietitian at Bay Park Center for Nursing and Rehabilitation, Bronx, will be the guest speaker. Barzey will provide tips in areas such as nutrition, interpersonal communications, dealing with stress at work and self-motivation. She holds a Bachelor of Science Degree in Dietetics, Foods and Nutrition.

"We are thrilled to hold an event celebrating mothers and positive women role models and look forward to providing helpful information that empowers women in their personal and professional lives," stated Area Business Director An Jeanette Paredes.

Those interested in attending the event should contact Rocio Garcia, Community Coordinator, at 718-570-3290 for more information. Brightside Academy provides a safe, fun, interactive, learning environment. Children shine in a program that prepares them for kindergarten and beyond!

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Brightside Academy is a leader in child care and early education that provides all families access to an excellent early educational experience. With 20 years of experience, Brightside Academy operates academies in multiple cities in Pennsylvania, Ohio and New York. Brightside Academy is headquartered in Pittsburgh, PA. For more information, visit [www.brightsideacademy.com](http://www.brightsideacademy.com). Like us on Facebook at [facebook.com/brightsideacademy](https://facebook.com/brightsideacademy). Follow us on Twitter [twitter.com/bsafamily](https://twitter.com/bsafamily)