



**PRESS RELEASE**

FOR IMMEDIATE RELEASE

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**GOODLIFE CEO SHARES ON THE BUSINESS OF BEING WELL**

**David Patchell-Evans to explore the importance of self-care, resilience and stress management**

**April 21, 2021, WINNIPEG, MB** - With mental health and well being at the forefront of the pandemic, tomorrow, at The Winnipeg Chamber of Commerce's virtual luncheon, David 'Patch' Patchell-Evans, Founder and CEO of GoodLife Fitness, will explore the importance of self-care, resilience and stress management with the Winnipeg business community.

David will walk attendees through important tools to provide them ways to live a happy, healthy and good life inside and outside the gym, and how business owners can encourage and improve their own team's wellness.

The Chamber will also be announcing this year's 12th Annual Spirit of Winnipeg Awards finalists at the luncheon. This past year has been a year of growth and innovation for our community, which is why The Chamber believes this year is more important than ever before to highlight Winnipeg's incredible businesses.

Following the announcement, Shreeraj Patel, Winnipeg Chamber Board Chair and Vice President of Commercial Financial Services at RBC, will moderate a fireside chat with David Patchell-Evans, followed by virtual networking roundtables where attendees can debrief what they learned and share their thoughts with other local business and community leaders.

**DETAILS:**

Thursday, April 22, 2021  
11:30 a.m. - 1:00 p.m. (CDT)

**HOW TO JOIN:**

Hopin Registration Link:

**PROGRAM:**

11:30 a.m. Networking

12:00 p.m. Program begins

12:03 p.m. Spirit of Winnipeg Finalists Announcement

12:10 p.m. Fireside Chat

12:40 p.m. Breakout sessions

1:00 p.m. Program ends

*Need help during the Program? Look for the "WCC Help" in the "People" section of the chat.*

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**About The Winnipeg Chamber of Commerce:**

The Winnipeg Chamber of Commerce uses its position as a community leader, a member business supporter and a public policy influencer to build a city where industry prosperity and community wellness grow.

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