*******MEDIA RELEASE*******

16 April 2016

Local Penrith business woman named as Finalist in the 2015/2016 Altitude Awards

Fiona Kane of Informed Health (www.informedhealth.com.au) has been named as a Finalist in this year's Women with Altitude Awards in the category of Climb Every Mountain. This award is for the best business of the year with up to 5 years trading. This award recognises businesses that are already climbing mountains despite still being relatively new.

The Informed Health Nutritional Wellbeing Centre as of this month has been operating for 5 years in Penrith and the Hawkesbury. They have three nutritionists with two support staff who treat people with various health challenges and conditions using nutritional medicine (eg diabetes, fatty liver, weight loss, cholesterol issues, coeliac disease, digestive issues, hormonal issues and stress). They work one to one with individuals, in groups and also in workplaces doing health and wellbeing workshops and seminars.

According to Fiona Kane, she is very happy and grateful to be nominated as a Finalist a second time for doing work that she loves. The Informed Health Nutritional Wellbeing Centre is a place of support and healing for many clients and also a place of learning where nutrition students are mentored and nurtured. We have started a health movement in Penrith and teaching others to do what we do ensures that this will continue. Knowledge is power, which is why the business is called Informed Health.

The Altitude Awards are presented by Women with Altitude and provide an opportunity to acknowledge women who have made outstanding contributions as business owners, volunteers, employees, creative thinkers and leaders.

Women with Altitude founder, Andrea Turner-Boys, explains, "We look forward to this time each year when we celebrate and champion the achievements of women and their unique contributions." Each finalist has been chosen for outstanding work in their field and was recognised at a cocktail party in Penrith on 4th April.

An independent judging panel adjudicates the awards, and winners of each category will be announced at a Gala Awards Ball on Saturday 23rd April at the Liverpool Catholic Club.

The awards are sponsored by York Jewellers, the Commonwealth Bank and Control Your Business. There are 16 award categories and at the Gala Awards Ball, the overall Business Woman of the Year will awarded from the field of 15 category winners.

For information about the Altitude Awards or Women with Altitude contact:
Andrea Turner-Boys, Women with Altitude 0414 348 377
andrea@womenwithaltitude.com.au

For an interview or for more information about Informed Health contact: Fiona Kane on 0404 896 775 or fiona@informedhealth.com.au

*******ENDS*******