



24-7 Press Release
March 6, 2009

Girl Power Hour Hosts Exclusive 'Your Career Your Way' Event, March 19, 7:00 - 9:00 p.m. at Elaia spa in Seattle, WA

Girl Power Hour, Seattle's premier woman's professional networking experience, hosts the third installment of a special 4-part series called The Power Of Focused Intention with guest speaker and author Lisa Quast who will be discussing her new book Your Career Your Way.

SEATTLE, WA, March 06, 2009 /24-7PressRelease/ -- Girl Power Hour, Seattle's premier woman's professional networking experience, hosts the third installment of a special 4-part series called The Power Of Focused Intention with guest speaker and author Lisa Quast who will be discussing her new book Your Career Your Way.

Girl Power Hour occurs the third Thursday of every month for young professional women to connect and share ideas at stylish venues across town. Each event explores an empowerment theme and boasts an inspirational guest speaker. Girl Power Hour also offers a fun, friendly environment, swag bags, door prizes and cocktail specials.

When: Thursday, March 19, 2009
7:00 p.m. - 9:00 p.m.

Where: Elaia spa
1635 8th Avenue
(Located on 2nd floor of Hyatt at Olive 8)
Seattle, WA 98121

This very special, exclusive event will host only 150 women - first come, first serve. Tickets are \$25.00 online at <http://www.girlpowerhour.com>

Price includes all food and drink, mini-treatments for the first 30 to sign up, special swag from Elaia spa and 20% off any products purchased or services booked that night.

About Girl Power Hour

Darnell Sue and Samantha Lawton founded Girl Power Hour in September 2007. Darnell Sue has worked in both TV and Radio and is currently the Circulation and Special Events Manager at WHERE Magazine Seattle. Additionally she writes a blog for the Seattle PI, she's a DJ, A Glambassador for Glamour Magazine and she is featured in the CRAVE book. Samantha Lawton worked in the advertising industry in Minneapolis before working for a Music and Sound Design Firm where she got to be the voice over for the 2000 Grammy Awards. She currently works for a "Green" company called the Sustainable Group in Ballard.

"We aim to get like-minded and aspiring women together in a comfortable and fun environment that's conducive to positive networking and relationship building," explains Lawton. "We also want people to bring their friends, have fun and to keep an open mind; everyone knows someone you want to know, you just don't know it yet," adds Sue.

Girl Power Hour has appeared in Seattle Woman Magazine, Puget Sound Business Journal, Northwest Meetings & Events Magazine, Culturemob.com, MyCityChic.com, NW Source, Seattle Picks, The Seattle Weekly and SeattleSpin.com

Jennifer Dwyer a professional organizer and owner of A Logical Mess echoes the sentiment of many Girl Power Hour attendees "I was very impressed with the group of women who were represented - and the content of the event. It was fun, casual and still very informative!"

Learn more at <http://www.girlpowerhour.com>