

PRESS RELEASE
For Immediate Release

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Two South Shore Women are on the “*Money*”

Kathleen Burns Kingsbury, Founder of KBK Connections, Inc. based in Quincy, MA and Stacey Shipman, Founder of Let it Flow, based in Weymouth, MA will be appearing on the popular radio show *McNamara on Money* hosted by Michael McNamara on Saturday, April 26th to educate South Shore women about financial health and wellness. The show is live and will air on WATD (95.9) in Marshfield from 8:30 am to 10:30 am. Those wanting to call in with a questions or comment are welcome. Feel free to call at **781-837-4900** or **508-747-1166** during the show.

Kingsbury and Shipman decided to collaborate about a year ago at a women’s networking event. “It became clear we both felt passionate about helping women of all ages be financially and emotionally healthy. For many women, there is stress related to managing money and it just made sense to do this work together.” states Shipman. Both have been busy presenting workshops for the Downtown Women’s Club, the South Shore Business Network and other organizations on how to increase one’s cents-ability and stress management ever since. Cents-ability is having the knowledge, skills and insight into money. By increasing your cents-ability quotient and managing your stress, you can take charge of your financial security and feel more confident. “For too long, we have been taught that a man is a plan when it comes to our wealth,” says Kingsbury. “Our mission is to make sure it is not the only financial strategy as an alarming number of women end up living at the poverty level during their senior years.”

KBK Connections, Inc. offers coaching, workshops and corporate training. Recently, the company started a Women and Money Blog entitled “Women & Money: Making “cents” of your personal and professional finances.” You can link to it by visiting the company’s website at www.kbkconnections.com. Let it Flow offers corporate training, stress management, yoga and communication seminars, hosts the cable show, Back to Your Senses, and has a Back to Your Senses Blog that teaches readers how to be healthy in all aspects of their lives. For more information about Let it Flow, visit the website at www.letitflowfitness.com.

According to Kingsbury, “Women are great at helping each other out. Now we need to support each other in our quest for financial health and wellness.”

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