



Media Advisory

Niagara Regional Housing

Motivational Children's Entertainer Visits St. Catharines to Speak Out About Taking a Stand Against Bullying

NIAGARA REGION, July 17, 2007 - Q-Mack, a highly motivated, entertaining and focused individual will be captivating children and parents at the Niagara Regional Housing (NRH) Rykert Street community with his outstanding basketball tricks and his cool image to reach them with his anti-bullying messages. Media are invited to attend.

WHO:

- Professional Basketball trickster and motivational speaker/entertainer for children – Quincy Mack, otherwise known as Q-Mack!

WHAT:

- Entertaining show reinforcing that bullying is not cool. Q-Mack has reached over a million youth from across North America with his motivational messages. You can check him out at www.qmack.com.

WHERE:

- 59 Rykert Street, St. Catharines (Basketball Court)

WHEN:

- Monday, July 30 at 11:00 a.m. to 12:00 p.m.

WHY:

- Q-Mack's mission is to provide youth in NRH communities with positive messages about life. From his jaw-dropping signature "Skyscraper" to his crowd-pleasing "Apple-Sauce" move, he aims to teach kids about the value of perseverance and positive choices. Using an urban theme, reinforcing anti-bullying messaging with outstanding basketball tricks that he learned as a kid as a result of being bullied himself, his performances are true experiences in edu-tainment.

-30-

For more information, please contact:

Michelle Parfitt

Niagara Regional Housing

905-682-9201 ext. 3936

Jennifer Bailey

Niagara Regional Housing

905-682-9201 ext. 3935