



PRESS RELEASE

Ripple Mentorship Program

An opportunity for one young woman to enter the wellness field and spread change throughout West Virginia.

FOR IMMEDIATE RELEASE: Application Deadline January 17, 2024

The Ripple Mentorship Program is an opportunity for one young woman entering the professional world to embark on a career in movement through the Pilates Teacher Training at the Activated Body Studio. An anonymous donor is providing full financial aid to one woman between the ages of 17 and 25 from an underserved community and without the resources to participate in a vocational training. The awardee must be a Fayette County native with references who can speak to her drive, passion and motivation to move beyond her circumstances. To apply, submit an online form (<https://forms.gle/KKkDUc6RP55paiXd9>) with a 1-3 minute video explaining why the applicant is the best choice to receive the award.

This program will offer vocational skills in teaching fitness, understanding what it means to be well, and how to share this knowledge with clients. The Ripple Mentorship Program will offer resources for her to obtain a job in wellness that includes the application, interview, and contract negotiation process. Angelina Corwin, owner of Activated Body, reports that, “once this young woman has completed the initial phase of the Ripple Mentorship Program, she will be able to obtain a job teaching Mat Pilates with the opportunity to continue her education to become a fully Nationally Certified Pilates Teacher.”

Becoming a Pilates teacher is to become an agent for change. Joseph Pilates had a holistic approach to health and those who embark on a career in wellness believe that being well is to thrive in all aspects of one’s life. The time for accepting mediocre health, managing symptoms, and putting up with pain is behind us. The Ripple Mentorship Program is part of the solution to change the wellbeing of West Virginians from the ground up, one person at a time – it begins with the woman who is selected to receive the award and will continue as she offers her expertise to her community. The ripple effect will spread and the people of West Virginia will thrive, but the one who will benefit the most will be the woman who is awarded the Ripple. She will be lifted up and supported in a way that ensures personal growth, career opportunity, and empowerment.

This is a pilot program that is available for one awardee at this time. Additional donations are welcome as we envision this program becoming permanent. Please contact Angelina Corwin for information.

Activated Body is a Pilates and movement studio that provides high quality movement instruction in the form of fitness classes, personal training, and restorative movement techniques to release pain. All services help our clients move better so they can move more ensuring they live a life with more ease. For more information on the Ripple Mentorship Program and Activated Body, visit www.activated-body.com.

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