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MEDIA RELEASE

For Immediate Release

Announcing 3rd Annual Community Wide Women's Event: High Noon "STRESSBUSTER", The Ultimate Day Off for Women

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ALABASTER, AL – *High Noon "STRESSBUSTER", The Ultimate Day Off for Women*, is a free community event that exists to provide the women in our community with a much needed atmosphere to alleviate the negative effects of stress. High Noon 2012 will take place Saturday, November 3, 2012 from 10:00 AM – 3:00 PM at the Helena Community Center, 110 Sports Complex Dr. Helena AL, 35080. Birmingham's own Joy the Queen of Clean will engage the audience with her hilarious stand-up act. Motivational and inspirational talks will be provided by Alabaster's Mayor Marty Handlon and business owner, mother and wife, Darleatha Edwards. Attendees can also expect refreshments, informative resources on stress, interactive stress relievers, break out session, retail therapy (shopping) and door prizes.

About the Founder:

Crystal Neville knows stress. Having done extensive stress research and working as a coordinator for a crisis hot line in Houston, Crystal has embarked on a journey to educate and empower women to find better ways to cope with stress. After losing her father and brother to homicide, the loss of her mother, son and Godfather, losing her home to foreclosure, Crystal learned first-hand the devastating effects of stress. Today she has decided not to live in or dwell on the past but to live life to the fullest and enjoy each day. She has learned how to be happy again and strives to find new ways to give back to the community. *High Noon STRESSBUSTER: The Ultimate Day Off for Women* is Crystal's way of reaching out to other women to expose them to other women and resources that can help them alleviate stress. "*High Noon*, is taking a proactive approach to alleviating what most people accept as normal. **Stress is a SILENT KILLER!**" says Crystal. "Our tagline...No Drama, No Spouse, No Children, No Worries, No Charge."

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For more information or to schedule interviews contact Crystal Neville at (205) 370-7541 or email at cmn17c@hotmail.com.

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