



ATHENA PowerLink®

**Central Ohio ATHENA PowerLink® Announces
2008 Recipient
Zoe Guirlinger of Ultimate U Total Health
Receives Advisory Panel**

Columbus, OH, January 7, 2008 —Zoe Guirlinger president and co-owner of UltimateU Total Health, a medically-based “personal transformation center” located in New Albany, OH, has been selected to participate in the ATHENA PowerLink Program for 2008.

Ms. Guirlinger, a physical therapist, transformation coach, and creator of The Ultimate U Challenge has helped hundreds of clients to create personal transformations in the areas of health, physical fitness/weight, and overall well-being through her science-based, holistic approach to creating lasting change. Ultimate U utilizes a multi-disciplinary team of experienced, degreed health professionals including transformation coaches, registered dietitians, exercise physiologists, physical therapists, clinical counselors and personal trainers to help clients turn their personal dreams into reality.

“This is a very personal mission for me. Several years ago I was suffering from debilitating fibromyalgia and was significantly overweight. I developed this process first to transform my own life and, as a result, I have been able to permanently lose weight and live pain-free. And to focus my life’s work on helping as many men and women as possible consciously create a positive, empowered sense of body, self, health and well-being, is a dream,” shares Guirlinger. “The ability to work with the high-caliber advisory team from ATHENA PowerLink this year will enable me to take my business and this dream to the next level. I am tremendously honored, and extremely grateful for this incredible opportunity.”

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About ATHENA PowerLink

Headquartered in Chicago, IL, the ATHENA PowerLink Program has been helping women-owned businesses expand profitably through the use of professional advisory panels since 1999. The central OH chapter has been in existence 2004 and is co-sponsored by National City and NAWBO.

Through *ATHENA PowerLink* women entrepreneurs with at least 2 years of experience running their own business can get a year of pro bono advice and coaching from some of central Ohio's finest business experts through the *ATHENA PowerLink* Program. This program is dedicated to giving women business owners, who want to take their business to a higher level of management and profitability, the help they need by providing advisory panels of men and women currently operating highly successful business ventures.