



October, 2014

For Immediate Release

**A LOVELL-Y IDEA!  
THE CHATHAM-KENT COMMUNITY HEALTH CENTRES SPARK PASSION INTO LOCAL YOUTH WITH THE  
ASSISTANCE OF AN EXCEPTIONAL YOUTH**

"Find your spark, the passion that invigorates and motivates you to no end. You may not know what you want to do yet in life, but if you can discover your passion, it will certainly help guide your way." This was the message that was conveyed to local youth by the trailblazer who is Kelly Lovell. The Chatham-Kent Community Health Centres (CKCHC) introduced Ms. Lovell to grade 9 and 10 students from both Chatham-Kent Secondary School (CKSS) and John McGregor Secondary School (JMSS) on Tuesday, September 23.



Kelly Lovell (middle) and JMSS students

As an organization that assists youth in honing their skills and reaching their full potential, the CKCHC thought it fitting to import Ms. Lovell, a youth herself, to Chatham-Kent and have her do the same with participating secondary schools. At only 22 years of age, Kelly has taken her passion and translated it into successful business ventures. With four businesses under her belt, Kelly defies the single job title as she also wears the hat of youth motivational coach and producer/host of @YOUeffect. As she delineated her journey, many students questioned how it all began and Kelly would use one single word that permeated her inspiring speech: passion. Her passion grew rather organically through the practice of volunteerism.

Kelly emphasized the importance of volunteering and how it offers a wide range of opportunities that can assist youth in discovering their own passion. Mrs. Mary Mancini, Principal of CKSS, remarked how apt Kelly's speech was for her students, "Kelly's presentation was refreshing. The message she delivered "to embrace your passion" resonated with our youth. Kelly encouraged our students to consider volunteerism, not only as a means to explore and cultivate interests, but also to develop leadership skills. Her message reinforces the school message to engage in community involvement through volunteerism in order to foster an understanding of civic responsibility."

Kelly's keynote speech was also underpinned by the fact that success is not age dependent. High school students so often feel that their lives are enclosed in this predetermined box and that success is not achieved until adulthood. However, Kelly urges youth to think outside that box as she so eloquently states, "You do not have to wait until you graduate before you can act on your ideas or pursue your passions. Our youth is an asset as we have a world of opportunity and resources to explore our interests and create. Take advantage of this time, get involved in your community, explore what you like or even discover what you don't like."

For further information in regards to Kelly's keynote speeches, please contact Darren Wood, Youth Programs Coordinator, at 519-397-5455.

To learn more about the dynamic Kelly and her passions, please visit her website at <http://kellyalovell.com/>.

**VISION:**

The best possible health for those we serve

**MISSION:**

In partnership with our clients and community, we provide access to comprehensive services that promote wellness and improved health