

Be a part of the brand new talk show, "PEP Talk!" that is changing the face of TV.

Visit

[www.youtube.com/user/mspeppy](http://www.youtube.com/user/mspeppy)  
to watch "pepisodes"



"PEP Talk!" is a new talk show created and produced by Rosie "Peppy" Parke.

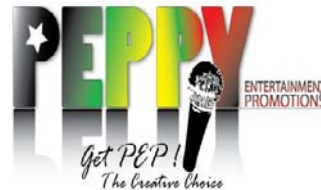
The show is edgy, funny, witty, engaging, and thought-provoking. Each pepisode will run for 30 minutes in length and will feature interesting personalities from all over the world who absolutely have to possess the elements of PEP: passion, energy, and perseverance. These personalities will sit down and have a candid "pep talk" with Rosie "Peppy" Parke about their life, projects, challenges, passions, and future goals.

For more information, visit [www.peppypromotions.com](http://www.peppypromotions.com), email [peptalk@peppypromotions.com](mailto:peptalk@peppypromotions.com), or visit our youtube page at [www.youtbe.com/user/mspeppy](http://www.youtbe.com/user/mspeppy).

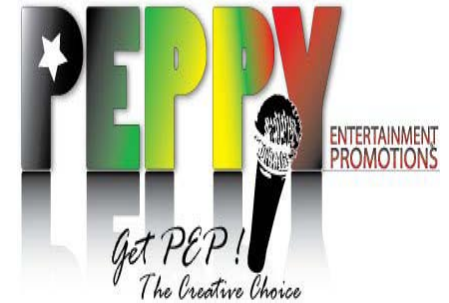
## PRICING

- Press Release (\$300 up)
- Bio Sketch (\$200 up)
- Press Kits (\$500 up)
- Web site Maintenance (\$300 per month up)
- Newsletter Creation (\$300 per Newsletter up)
- Event Hosting (\$200 per hour)
- Event Photography (\$100 per hour)
- Event Videography (\$150 per hour)
- Web site Promotion (\$100 per week; \$300 per month)
- Newsletter Promotion (\$50 per week; \$150 per month)
- Street Team Promotion (\$15 per person per hour)
- Event Staffing (\$20 per person per hour)
- Flyer Design (\$60 per hour)
- PR Consultation (\$125 per hour)
- Personal Fitness Class (\$1 per minute)

Email us for customized pricing and specials!



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## PUBLIC RELATONS

Our concern is your PUBLIC image. We do not delve into your private affairs but we need your help to manage the way we communicate with your audience.

### PRESS RELEASES

Not sure how to grab your audience's attention? A Press Release is an excellent start. Allow us to craft the perfect Press Release – guaranteed to get you noticed and get the attention you deserve!

### MEDIA RELATIONS

Developing a good relationship and rapport with the media is something every business and serious business person needs. Before we pitch "you" to the press, we spend quality time with you to learn about you, your company, product, and/or service and work with you to develop creative angles and strategies to get the media attention you deserve!

### PRESS KIT DEVELOPMENT

Your press kit is one accessory you cannot afford to be without. It defines you, and gives your target market the necessary information they need to do business with you. Your press kit is in fact your Resume! Let us use our creativity to give your Press Kit the edge to compete in today's market. Your audience will be inspired and you will get the attention you deserve!

### NEWSLETTER CREATION

Keeping your audience up to date with what is happening with you and your organization is a necessity in today's market. We will design the perfect newsletter that is eye-catching, informative, engaging and personal -- while selling your products and services in a subtle manner.

### EVENT PROMOTION

So you want to have an event, but your promotion is a little shady. You want to drive sponsors, attendees, and the necessary players to your important event, but you need help. Allow us to use our team of professionals to get you the "WOW factor" you deserve!

### THE MARKETING/PR COMBO

Even though PR and Marketing are different, they go hand in hand. We are experts at marketing you while getting you the

necessary publicity which will take you or your business to the next level and get you the extra traffic and revenue you deserve!

### PEP ONE-ON-ONE

This is where YOU tell us what you think you WANT and we work with you to get you what you NEED. Choose from a host of customized services such as Website maintenance, newsletter creation, and other services guaranteed to get you the promotion you deserve!

## EVENT PLANNING & MANAGEMENT

The task of planning and executing an event can be overwhelming and stressful for most people and organizations. Instead of YOU doing all the hard work, let us use our creative edge and experience to make your event one to be remembered! Whether you are planning a very cozy private event, a networking mixer, or a very large corporate or public affair, we will make your job easier. We will assist you in the pre-event headaches such as:

- Venue Selection & Event Theme
- Vendor Selection & Sponsorship
- Entertainment, Catering, and Decor
- Event Flyer Design & Placement
- Online Event Site & Management
- Photography & Videography Coverage
- Hosting & Onsite Event Staffing

## ARTIST REPRESENTATION & BOOKING

If you are searching for an artist to add that extra "umph" to your event, contact us. We have artists in many genres such as Reggae, Dancehall, R&B, Hip Hop, Jazz, Neo-Soul and Gospel. If you are an artist looking for exposure, email us today!

## FITNESS & WELLNESS

One of the best investments you can make in your life is in a healthier lifestyle. Proper nutrition and exercise will go a long way in ensuring that you treat your body like the temple it is. Call us today for group, personal, and customized fitness and wellness programs, including personalized and group fitness classes and retreats.

## LIST OF SERVICES

- Public Relations
- Event Planning & Management
- Artist Representation
- Fitness & Wellness
- Graphic Design
- Newsletter Creation
- PEP One-on-One

*"PEP made my event memorable and dazzling, and I am forever thankful for it."* Karen, NJ

*"Ms. Parke is the consummate professional. She is very meticulous and thorough and is incredibly creative."* Tony Blair, FL

*"There is no other way to put it; Ms. Parke has the Midas touch."*  
R. Jones, Jamaica.