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PRIMA BALLERINAS, LORENA AND LORNA FEIJOO, CELEBRATED NATIONAL SISTERS DAY, ENCOURAGING ALL SISTERS TO TOAST WITH A GLASS OF MILK

Milk Life donated to YMCA as part of the Somos Fuertes program and gave the kids a treat with a dance lesson lead by the campaign's latest Strength Ambassadors

Miami, FL, July 31, 2015- To celebrate National Sisters Day this past Sunday, the Milk Life *Somos Fuertes* campaign announces sisters and international Prima Ballerinas, Lorena and Lorna Feijoo, as its latest Strength Ambassadors. The *Somos Fuertes* program is designed to rally Hispanics across the country and encourage families everywhere to start their mornings with a glass of milk, as it helps provide energy you need to power your day.

In honor of the occasion, Lorena and Lorna were at the **North Pointe Family YMCA in Miami**, sharing their personal story of strength to YMCA members and camp children. They recounted their experience as dancers starting out at El Ballet Nacional de Cuba, who then immigrated to the U.S. and became two internationally renowned Prima Ballerinas- and how the strength behind their bond as sisters helped them reach those levels of global success.

"We're so honored to help celebrate National Sisters Day. My sister and I attribute a lot of our success as Prima Ballerinas to not only our strong bodies, but also to the strength of our incredible bond," says Lorena Feijoo. "We encourage all sisters to celebrate with a special Milk toast- even if you have to do it virtually! It'll help power your day with high quality protein- and high quality bonding time!"

Following their inspirational story of strength, the sisters put on a beautiful performance of [Lambarena](#) for the audience. The culmination was these dance superstars hosting a Ballet 101 class for the kids, teaching ballet basics and sharing anecdotes of struggles and successes throughout their dance careers.

Additionally, Milk Life donated \$5,000 to the North Pointe Family YMCA in support of the [health and wellness programs](#) they offer the South Florida community, helping local families lead strong and healthy lives. This program, with the help of Lorena and Lorna, hopes to illustrate to Hispanic families the importance of starting everyday with milk, as well as provide a fun day of dancing and learning about the importance of leading strong lives.

"We both grew up drinking milk; it was always a staple in our home. Our mom was constantly telling us, 'Drink your milk, drink your milk' and now, it's a tradition we're passing down to our own kids. Even when mornings get busy, we still make it a point to have a nutritious breakfast that includes milk to help kick start our mornings and set that example for our kids," concluded Lorna Feijoo.

For more information, please visit www.FuertesconLeche.com. There, you'll find *Somos Fuertes* videos from our other strength ambassadors, recipes, tips, and much more on the importance of starting each and every day with a nutritious breakfast that includes milk for a good source of high quality protein.

About the Milk Life campaign



The Milk Processor Education Program (MilkPEP), Washington, D.C., is funded by the nation's milk companies, who are committed to increasing fluid milk consumption. The MilkPEP Board runs the milk life campaign, a multi-faceted campaign designed to educate consumers about the powerful nutritional benefits of milk – with 9 essential nutrients, including high-quality protein, in each 8 ounce glass. For more information, go to www.MilkLife.com. Lowe Campbell Ewald is creative agency for the milk life campaign – from America's milk companies. Commonground/MGS is the agency for the milk life *Lo Que Nos Hace Fuertes* campaign.