

## Press Release - Wade McCrae Washington - Tina Chandler - Carl Ducena - Tina City

Date: Oct 27, 2015

**What:** Wade McCrae Washington, who lives with Cerebral Palsy and Scoliosis, competed in his first bodybuilder competition this past weekend, at the Formulation 1 Classic in Stafford Texas, thanks to Tina Chandler IFBB Pro and Carl Ducena's guidance. With Lee Thompson's approval and introduction of the ADAPTIVE Class, Wade brought the house down with his performance! (It has gone Viral online.) His routine brought tears of inspiration to everyone who attended, Wade wants to continue to motivate and be the example of "anything is possible." Tina Chandler IFBB Pro is Wade's coach and along with her partner and fiancé, Carl Ducena, they are inviting the press and the public to observe one his workouts with Tina. Carl, Tina, and Wade will also talk about this journey as well as their mission w/ Tina City, to Inspire the World and show everyone that it's possible to live a life that is Normal To Be Fit.

**Details:** Tina Chandler is a professional bodybuilder and 4 x Ms Olympia competitor. She is a coach and mentor for so many different walks of life. In addition to that, Tina is Co-Owner/Co-Executive Producer with Fiance (Actor) Carl Ducena of OWN THE ROOM ENT and one of their projects 'Tina City' which will Awaken, Inspire and Entertain The World !!!!!  
Wade McCrae Washington wants to help inspire to always do their best and NEVER GIVE UP.

**Links:** **Websites:** [www.tinacity.org](http://www.tinacity.org), [www.owntherooment.com](http://www.owntherooment.com)  
**Wade Facebook:** <https://www.facebook.com/wade.washington.5>  
**Tina Facebook:** <https://www.facebook.com/>  
**Carl Facebook:** <https://www.facebook.com/carl.ducena?pnref=story>  
**Youtube** "Pure Inspiration Tina Chandler, Wade McCrae Washington and Carl Ducena's journey": <http://youtu.be/oNvjx6jwUkk>

**Time:** 1:00pm

**Date:** Tuesday, Oct 27, 2015

**Place:** Houston Gym  
1501 Durham  
Houston, TX 77007



For more information and Exclusive interview scheduling contact:  
Carl Ducena (347) 244-8098