

Shawn Ireland has been a fixture in central Ohio media for more than 30 years. Currently, Shawn is the creator and host of *Live Happy Live Well*, a lifestyle television program showcasing opportunities for active adults to live their best life, now! *Live Happy Live Well* airs locally in the Columbus, Ohio market on WCMH-TV/NBC4 as well as on multiple streaming services including Roku, Amazon Fire TV and Apple TV.

Shawn and her daughter, Cydney, are also the hosts of the popular mother/daughter pop-culture audio and video podcast “Shawn and Cyd – Real. Fun. Family!” which gives listeners and viewers an inside glimpse of the personalities that make this mother/daughter duo so fun and entertaining...and as **REAL** as it gets!

Over the years, Shawn has been heard and seen on many stations including: WNCI, WSNY, WODC, WCOL, WTVN, WWCD, as well as multiple stations where her syndicated radio show has aired throughout central and southeastern Ohio. In addition, for over 10 years Shawn was the face of Good Day Columbus and Good Day Marketplace daily on WTTE-TV/FOX28.

Aside from being a friend to central Ohioans and a true community supporter, Shawn is a dedicated mom to two adult children (her son, Graham and her daughter, Cydney), as well as her two dogs who really rule the roost, Stevie Nips and Bella Donna (as a side note, Shawn also loves Fleetwood Mac!).