



## W Network Series *Smart Cookies* Kicks off the New Year With Some Smart Saving Strategies for Recession Proof Living

**Dec 18, 2008, Vancouver, BC-** In these trying economic times the W Networks hit series, *Smart Cookies* is back, with a fresh approach to smart spending and solutions to getting out of debt.

With the success of their best selling personal finance handbook *The Smart Cookies Guide to Making More Dough*, the Cookies have recently shared their no-nonsense financial advice with major north American media including *Oprah* and the *Today Show*.

This season the W Network series is showing Canadian families exactly how they too can get out of debt, attract more money and have fun while doing it.

Starting January 5 at 10:30 PST/ EST the *Smart Cookies* series will address a variety of topics including, how to pay off your mortgage faster, how to recognize if your reward credit card is really worth it, and how to get healthy without breaking the bank.

New this season, the Smart Cookies also crusade on behalf of consumer rights, solving real life money problems that range from parking tickets to what to do if your flight is cancelled. And all five Cookies go head to head to see who can save the most on everyday items ranging from groceries to a night on the town.

Tune in to the W Network on Monday nights at 10:30 EST/PST starting January 5, for sugar, spice and killer advice.

For more information visit [www.wnetwork.com](http://www.wnetwork.com) or contact:

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### **ABOUT THE SMART COOKIES**

Smart Cookies is produced by Omni Lifestyle, a division of Omni Film Productions Limited ([www.omnifilm.com](http://www.omnifilm.com) <<http://www.omnifilm.com>> ). For almost 30 years Omni Film has been producing award-winning programming in diverse genres including dramas (Dragon Boys), comedies (Robson Arms), documentaries (Make Some Noise) and both factual (System Crash) and wellness (Namaste) series. These critically acclaimed programs, and others, are produced for both national and international broadcasters. Omni Film continues their tradition of award winning productions with the Omni Lifestyle division, which as well as producing the second season of Smart Cookies for the W Network, is also currently in production with *Word Travels* for OLN and *Pure Design* for HGTV.