



# Get Fit! Feed your 'Body and Soul'



Stacey Joiner from The Royal Treatment and Christine King from Get Fit! lead guests at Body & Soul 2009 through a variety of relaxation techniques.

**B**ody & Soul 2009, hosted by Get Fit! Studio in Delray Beach, raised a record \$2,100 for the Achievement Centers for Children and Families. Several local business owners came together on March 29 to provide guests a day filled with activities to nurture the mind, body and soul. All proceeds from the event benefit the Centers' programs and services which support low-income children and families.

It was a complete day of pampering for the 60 guests who attended the annual event. The day began with Rise and Shine Yoga with Stacey Joiner from the The Royal Treatment and Ken Schwartz, a private yoga instructor.

Deirdre Abrami educated guests about angels and their messages and the staff of Get Fit! guided guests through abdominal circuit training. Guests were treated to a healthy lunch provided by Jill's Healthy Cooking and

the day ended with a guided meditation. Throughout the day guests had an opportunity to partake in free mini-massages, mini-facials, reflexology, reiki and sacro-cranial massages.

"I am so grateful to the numerous local business owners who donated their time and services at the Body & Soul event," comments Christine King, owner of Get Fit! Studio. "The 2009 event was by far our most successful. We raised a record \$2,100 for such a worthy cause and we could not have done it without all our supporters," adds King. Local business participants included Stacey Joiner, Deirdre Abrami, Mandy White, James Greene, Carrie Fisher, Joelle Meehan, Valerie Yoder, Nicole McDonald, Sheree Thomas, Jill Evans, and Ken Schwartz.

For more information about the Achievement Centers, call 561-276-0520 or visit [www.delraychild.org](http://www.delraychild.org). ■



Stacey Joiner from The Royal Treatment and Christine King from Get Fit! present Stephanie Seibel with a check from Body & Soul 2009