

NATURE AND NURTURE

Body & Soul Event Raises \$2,100 For Achievement Centers

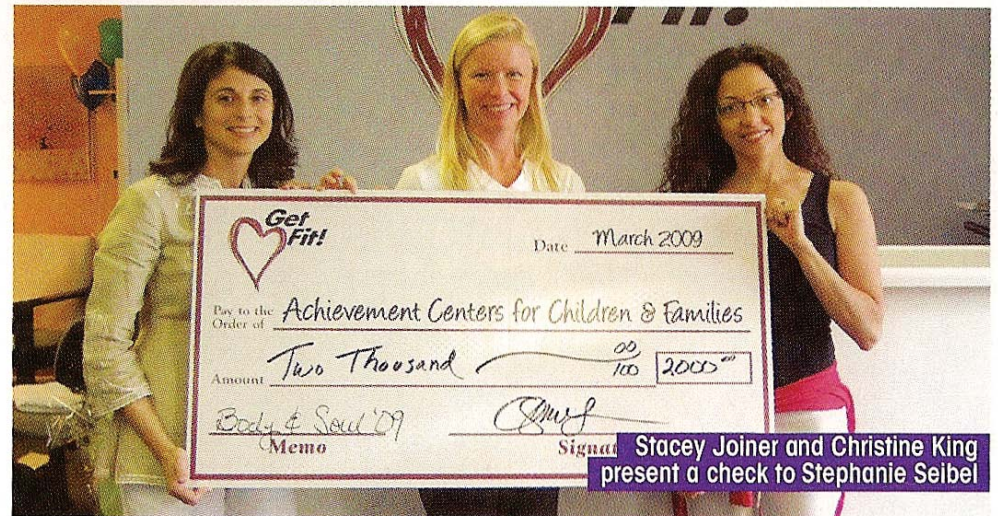
Delray Beach-based Get Fit! Studio recently hosted Body & Soul 2009, an event that raised \$2,100 to benefit the Achievement Centers for Children & Families, a nonprofit social services agency that serves low-income children and families.

The event was designed to offer a full day of activities designed to nurture the mind, body and soul, and it did not disappoint. More than 60 guests enjoyed "Rise & Shine Yoga" with Stacey Joiner from The Royal Treatment, along with private yoga instructor Ken Schwartz. Next, guests enjoyed a lecture by Deirdre Abrami, who spoke about angels and their messages, followed by a session of abdominal circuit training. Guests were then treated to a healthy lunch provided by Jill's Healthy Cooking, and

capped off the day with a guided meditation. Throughout the afternoon, they also were treated to free mini-massages, mini-facials, reflexology, reiki and sacro-cranial massages.

The event's 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.

"I am so grateful to the numerous local business owners who donated their time and services at the Body & Soul event," said 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."



Get Fit! Studio specializes in functional movement training that emphasizes an integrated approach to strength training using multiple muscles simultaneously. The Achievement Centers for Children & Families in Delray Beach provides comprehensive services to educate, train and support at-risk children, youth and families ensuring school readiness, skill-

building opportunities, higher academic performance, improved family functioning and more. ○



For more information about Get Fit! Studio, please call 561-272-6618 or visit lifeonlybetter.com. For more information about The Achievement Centers for Children & Families, please call 561-276-0520 or visit delraychild.org.