

# Zumba for Go Red

## Heart Saving Fundraiser Event

**Saturday, February 11, 2012**  
**9:30 – 11:30 a.m.**

LifeWorks 5<sup>th</sup> Annual **Zumba for Go Red** is an awesome fundraising event for the American Heart Association. This 2-hour event will feature the group exercise class, Zumba® along with other fun, dance-based moves.

**Go Red** For Women is a national movement founded by the American Heart Association. This initiative is to bring awareness, prevention & education to the public on the #1 killer of American women - heart disease.

**Donation Fee: \$10 per person**

Register at LifeWorks or call 440-816-4202. Sign up by Wednesday, February 1<sup>st</sup> & be entered to win a 1-Hour Deep Tissue Massage!

**Join the LW Instructors & Special Guest Instructors for a fulfilled heart saving event.**

LifeWorks is located at 7390 Old Oak Blvd., Middleburg Heights. [www.lifeworksfitness.net](http://www.lifeworksfitness.net)  
For questions or more information, contact Karen at 440-816-4210 or [kraisch-siegel@swgeneral.com](mailto:kraisch-siegel@swgeneral.com).

