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FOR IMMEDIATE RELEASE

**Body & Soul 2009 Brings Together Local Businesses to
Raise \$2,100 for Achievement Centers**

DELRAY BEACH, FL (April 15, 2009) – Body & Soul 2009, hosted by Get Fit! Studio in Delray Beach, raised a record \$2,100 for the Achievement Centers for Children & Families. Several local business owners came together on Sunday, March 29th 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 & 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. All 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.

The Body & Soul 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.

ABOUT GET FIT! STUDIO: Get Fit! Studio specializes in functional movement training that emphasizes an integrated approach to strength training using multiple muscles simultaneously. The studio is located at 1060 S. Federal Highway in Delray Beach. For more information, call (561) 272-6618 or visit their website at www.LifeOnlyBetter.com.

ABOUT THE ACHIEVEMENT CENTERS: The Achievement Centers for Children & Families is a non-profit social services agency that provides comprehensive services to educate, train, and support at-risk children, youth and families ensuring school readiness, skill and capacity building opportunities, higher academic performance, increased economic self-sufficiency and improved quality of family function with healthier lifestyles. Their award-winning services and NAEYC (National Association for the Education of Young Children) accredited programs serve children, age 12 months to 18 years, and adults on two campuses. Programs include quality, affordable childcare, after school and extended day programs, teen programs, adult education and community outreach services. The Centers' main campus is located at 555 NW 4th Street in Delray Beach and the Beacon Center at Village Academy campus is located at 400 SW 12th Avenue. For more information about the Achievement Centers, call (561) 276-0520 or visit www.delraychild.org.

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PHOTO CAPTION: (From left:) Stacey Joiner from The Royal Treatment and Christine King from Get Fit! present Stephanie Seibel with a check from Body & Soul 2009.

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

NOTABLES PRESS RELEASE

EVENT: Body & Soul 2009

WHEN: March 29, 2009

WHERE: Get Fit! Studio, 1060 S. Federal Highway in Delray Beach.

WHAT: A record \$2,100 was raised for the Achievement Centers at the 4th Annual Body & Soul event. It was a complete day of pampering for the 60 guests who enjoyed yoga, fitness training, guided meditation, angel messages and a healthy lunch. Guests also enjoyed free mini-massages, mini-facials, reflexology, reiki and sacro-cranial massages.

CHARITY: **The Achievement Centers for Children & Families:** The Achievement Centers for Children & Families is a non-profit social services agency that provides comprehensive services to educate, train, and support at-risk children, youth and families ensuring school readiness, skill and capacity building opportunities, higher academic performance, increased economic self-sufficiency and improved quality of family function with healthier lifestyles. Their award-winning services and NAEYC (National Association for the Education of Young Children) accredited programs serve children, age 12 months to 18 years, and adults on two campuses. Programs include quality, affordable childcare, after school and extended day programs, teen programs, adult education and community outreach services.

SPONSORS: Get Fit! Studio in Delray Beach hosted the event. 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.

HIGHLIGHTS: "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 The Get Fit! Studio. "The 2009 event was by far our most successful. We raised a record \$2,000 for such a worthy cause and we could not have done it without all our supporters," adds King.

PHOTO CAPTION: (From left:) Stacey Joiner from The Royal Treatment and Christine King from Get Fit! present Stephanie Seibel with a check from Body & Soul 2009.

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