

For Immediate Release

Health Fair and Workout for St. Jude Event to Raise Funds for St. Jude Children's Research Hospital®

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A *Health Fair and Workout for St. Jude* event will be gearing up on Saturday, November 15, 9:00 to 11:30 am at the Island Fitness Center located in the Grand Island Holiday Inn. The event will raise funds for St. Jude Children's Research Hospital®, the premier center for the research and treatment of childhood cancer and other deadly diseases.

"St. Jude is the leader in the fight against catastrophic childhood diseases such as leukemia, brain tumors and sickle cell disease," said Patty Mash, coordinator of the event. "Through events like this *Workout for St. Jude*, Grand Island will be supporting the St. Jude mission of finding cures and saving children from across the country and around the world."

This volunteer-based community exercise event will feature exercise classes, fitness testing, chair massage and nutrition information that club members as well as the general public can participate in for a donation of \$5.00. A kids corner is available to participants with children, who would like to take advantage of the exercise classes and fitness assessment stations. There will be door prizes, raffles and refreshments for all to enjoy. Participants are encouraged to bring friends and family to this worthwhile event.

Through programs like *Workout for St. Jude*, the idea of St. Jude founder Danny Thomas to raise funds for the hospital through community-based events is able to continue.

This Health Fair and *Workout for St. Jude* event is sponsored by The Island Fitness Center

For information on how to host your own *Workout for St. Jude* event, call 1-800-567-0636 or visit www.stjude.org/workout.

St. Jude Children's Research Hospital is internationally recognized for its pioneering work in finding cures and saving children with cancer and other catastrophic diseases. Founded by late entertainer Danny Thomas and based in Memphis, Tennessee, St. Jude freely shares its discoveries with scientific and medical communities around the world. No family ever pays for treatments not covered by insurance, and families without insurance are never asked to pay. St. Jude is financially supported by ALSAC, its fundraising organization, through events such as *Workout for St. Jude*. For more information, please visit www.stjude.org.