

Experience The Art of Living Fit + Well at the Gantt Center

Harvey B. Gantt Center for African-American Arts + Culture
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Sent: Sunday, October 11, 2015 6:03 PM

To: Steve [sjohnston@tueforumclt.org]



Inaugural Art of Living Fit + Well

By learning to balance what you eat, how you exercise and how you nurture yourself, you're providing a lesson that will serve you and your family well for a lifetime and the Gantt Center wants to do our part to help support you. We invite you to join us for the Gantt Center's Inaugural Art of Living Fit + Well on **Saturday, October 24, 10:00 PM - 3:00 PM**. This

event is a full day celebration designed as an intergenerational program that will engage, inform, inspire and promote the joy of living fit and well for the body, mind and spirit through a series of events:

- Healthy eating cooking demonstrations
- Interactive dance classes
- Fitness & wellness expert advice
- Workshops & classes including Zumba and yoga
- Games and contests for the family

This will be a highly interactive event and is FREE - children, youth, adults and seniors are invited to participate.

Guest appearances by:

Tarsha Hamilton - Recording artist

Cullen Jones - Olympic swimmer / gold medalist

Dr. Robert C. Robinson III, MD - Home remedies class + book signing

Dr. Karla L. Robinson, MD - Home remedies class + book signing

Charlotte Performing Arts Academy Children Dance






This event is proudly sponsored by:

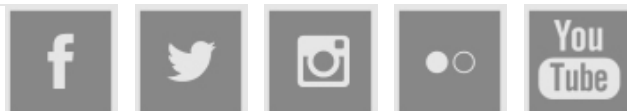


Carolinan HealthCare System



   The Harvey B. Gantt Center for African-American Arts + Culture
at Levine Center for the Arts
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Connect with the Gantt Center




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The Gantt Center is located at Levine Center for the Arts and supported by the North Carolina Arts Council and the Arts & Science Council.

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