

Join Us for the Art of Living Fit + Well on Saturday, October 24, 2015 | 10:00 am - 3:00 pm

Sharon Holm [sharon@ganttcenter.org]

Sent: Tuesday, October 20, 2015 1:35 PM

To: Sharon Holm [sharon@ganttcenter.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

REGISTER

This event is proudly sponsored by:

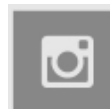


Carolinans HealthCare System



The Harvey B. Gantt Center for African-American Arts + Culture
at Levine Center for the Arts
551 South Tryon Street • Charlotte, NC 28202
(704) 547-3700 • www.ganttcenter.org

Connect with the Gantt Center




© 2015 Harvey B. Gantt Center for African-American Arts + Culture. All rights reserved.

All images and text in this email are for viewing only and are not to be downloaded or appropriated for other purposes. Unauthorized use is strictly prohibited. Please contact us with questions or requests.

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

If you no longer wish to receive our communications, click here to [unsubscribe](#). To manage your subscription, [click here](#). You are subscribed as <<Email>>.



 Connected to Microsoft Exchange