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Stretch Out & Do Good!

Maggie Bean, Council for Children's Rights [maggie@cfcrights.org]

Sent: Tuesday, July 30, 2019 10:01 AM

To: [Steve Johnston](#)

Mark your calendar for our first annual *Stand Up & Stretch for Kids* on Saturday, August 17!



Join us for this unique yoga community event!

On Saturday, August 17, 2019, yoga studios across the Charlotte area will be participating in Council for Children's Rights' first-ever collaborative yoga community event, "Stand Up and Stretch for Kids."

Instead of one singular event, each studio will be participating during their already pre-scheduled classes that day—but adding a pose, an

intention, or a call to action during the class that highlights the work of the Council and sends “good vibes” to our children in crisis.

A resounding OOOOOOOO (and thank you) to the fifteen participating studios including:



VIEW THE FACEBOOK EVENT & SHARE WITH OTHERS!

“Typically, nonprofits reach out to us for free classes or donations. What struck me was their request for engagement and community, not money. While I certainly love supporting charitable work in the community, being asked for action within the yoga practice itself was really interesting and refreshing.”

Karen Williams, Yoga for Life and Centered Wellness

We will be providing informative collateral and fun swag for each studio to hand out to their students the day of the event. If you are interested in becoming a supporting studio or would like more information about the event, please contact [Maggie Bean](#), Associate Director of Advancement.



**Council for
Children's
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Council for Children's Rights | 601 East 5th Street, Suite 510, Charlotte, NC 28202

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