



BOYS & GIRLS CLUB
OF THE LOWER NAUGATUCK VALLEY

FOR IMMEDIATE RELEASE

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BOYS & GIRLS CLUB ZUMBA FUNDRAISER SEPTEMBER 19TH

Shelton, CT, September 14, 2010 – The Boys & Girls Club of the Lower Naugatuck Valley is holding a Zumba Fitness Fundraiser on September 19, 2010 to support its Eat Smart, Drink Smart program. The fundraiser is from 7-9 pm. Four local Zumba instructors will lead participants in Zumba, the feel-happy workout that's great for the mind, body, and soul. Admission is \$20 in advance, \$25 at the door. Refreshments, door prizes, and Zumbawear will be available.

Proceeds will help us run our Eat Smart, Drink Smart nutrition program, which teaches kids to cook simple, healthy recipes that they can prepare for their family and friends, a skill that will stay with them as they grow older.

For more information about the Boys & Girls Club of the Lower Naugatuck Valley, visit us at www.BGC-LNV.com.

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