

Dancing For A Cause: 2nd Annual Wake, Shake & Mingle Fitness Fundraiser

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Working out is a great way to stay healthy and is even better when it's for a great cause. Put on your dancing shoes and get ready to join Fresh Start Women's Foundation at their 2nd annual Wake, Shake & Mingle fitness fundraiser to celebrate and promote the empowerment of women in the Phoenix area.

The event will be held on April 30 at Boondocks Patio & Grill in Scottsdale and will feature 100 minutes of fun and fitness. Sessions will be led by Valley fitness gurus like Jenny Lynne of Dance Fitness, Margie Mejia of U-Jam, Christina Noakes of Mountainside Fitness and many more. All ages are welcome.

"The energy of this event is amazing and we are excited to bring it back to the community," said Susan Berman, president and CEO of Fresh Start Women's Foundation. "Last year's attendees had a great time and the success of the event exceeded our expectations."

Fresh Start Women's Foundation is a Phoenix-based organization with centers in Phoenix as well as Mesa. The foundation is dedicated to the empowerment of women and helps them transform their lives through assistance in economic self-sufficiency, personal development and education.

Event registration can be completed online, and teams can be formed during the process. The fee for adults is \$75 and children ages 12 and under can participate for \$25.

For sponsorship opportunities and to register, please visit freshstartwomen.org/fitness.

By Amanda Jensen