

Wake, Shake, & Mingle Fundraiser Raises More Than \$30,000

Written by Karah Van Kammen
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Celebrating its second year, the Wake, Shake & Mingle: A Fitness Fundraiser event raised more than \$31,500 with proceeds benefitting the life-changing programs and services offered at Fresh Start Women's Foundation.

Hosted by Fresh Start's Auxiliary Board, the event was held Saturday, April 30 at Boondocks Patio & Grill in Scottsdale. The outdoor patio served as a perfect location for participants to dance together during 100 minutes of fitness through expert-led sessions with noted Valley fitness instructors. Special guests included: the Arizona Coyotes mascot, Howler, and the Paw Patrol; the Phoenix Suns Gorilla; and the Arizona Cardinals mascot Big Red accompanied by Cardinals cheerleaders.

"Our Auxiliary Board poured their heart and soul into this event to make it a success," said Susan Berman, Fresh Start's president and CEO. "The energy was electric and so fun, and we couldn't do it without the support of the community, volunteers and staff that believe in Fresh Start's mission of empowering women."

Attendees also enjoyed breakfast, upbeat music, goodie bags, a chance to win among spa, wine, and golf raffle packages, and free on-site glam sessions by Sparkle Bar's make-up artists.

Fresh Start Women's Foundation is dedicated to supporting women who want to thrive and empowers them to transform their lives through three core values: economic self-sufficiency, personal development and education. The Phoenix-based Jewell McFarland Lewis Fresh Start Women's Resource Center offers free and low-cost services for any woman age 18 or older and also offers services in the East Valley at the Goodwill Career Center in Mesa and online at www.freshstartwomen.org.