

Make Every Move Count - Zumbathon Charity Event



PRESS RELEASE
FOR IMMEDIATE RELEASE

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City Wellness Teams “Make Every Move Count”

GREAT FALLS, Montana – The City of Great Falls is excited to announce a Zumbathon Charity Event on Wednesday, June 19, from 6:30-8:00 p.m. This upbeat, high energy event will take place at the Community Recreation Center (801 2nd Avenue North). “Zumbathon” is sponsored by the City of Great Falls’ Wellness Teams to celebrate their successes and introduce the community to a fun fitness option. To participate, there is a minimum \$10 donation and all proceeds will go to the Relay for Life.

Relay for Life started in 1985 when Dr. Gordy Klatt, a Tacoma colorectal surgeon, wanted to raise money for his local American Cancer Society office by doing something he enjoyed—running marathons. After 24-hours of circling the track and more than 83 miles, he raised \$27,000 from friends and family to fight cancer.

Today the American Cancer Society Relay for Life is a life-changing event that gives everyone in communities across the globe a chance to celebrate the lives of those who have battled cancer, remember loved ones lost and fight back against the disease. Betsy Smith, Genetic Counselor from Sletten Cancer Institute, will be at the Zumbathon with Relay for Life information. Zumbathon participants can also purchase a luminary in honor or in memoriam of those who have fought cancer for \$10.

According to Penny Paul, Community Health Education Specialist with the City County Health Department, “The

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City's worksite wellness program promotes physical activity, healthy eating and cancer prevention as well as provides valuable information about health screenings. It has become one of the most important resources and benefits the City provides employees."

Don't miss this fun event! Everyone is invited to bring water, a sweat towel, sunscreen and a smile to this event. To find out more about the Zumbathon, please call Penny Paul at 452-0881, ext. 308.

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Supporting Documents

 [Press Release - Zumbathon Charity Event](#) (310 KB) (PDF)

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