
A Step Closer For Augie's CURE

Step Up with Instructor Kathy Cunningham

Feb. 8th 9:15-10:30am

Group Exercise Room A

**Join us in making a difference to
help raise funds for ALS.**

Make a donation and participate in this great class!

*This high energy Step Class incorporates great choreography
and complimented by intervals of strength training
for a full body workout.*

Sign up at the front desk and to make donations.
Raffle entry for all participants. In the spirit of Augie's Quest please
wear Red, Black, and White to show your support!

*Augie's Quest, MDA's research initiative,
is an aggressive, cure-driven effort
singularly focused on finding treatments
and cure for amyotrophic lateral sclerosis
(ALS, or Lou Gehrig's disease).
To learn more about Augie's Quest, visit
www.augiesquest.com.*



**3 Easy Ways to
make donations at Front Desk**

- Cash
- Put it on your Member Account
- Checks payable to MDA/Augie's Quest