



Phat Fit



”If you could make healthy life changes what would you do?”

anonymous

Schedule: *Location changes to Central Arena Auditorium on October 19th –ALL WORKOUTS

Monday- Emma’s parking lot-9:30am/7pm

Wednesday- LaSalle Park-9:30am/7pm

Friday-LaSalle Park-9:30am

Saturday- 9:00am Emma’s parking lot

The Phat Chicks Run For The Cure ‘09

It was an AMAZING day for a GREAT event! On Sunday, October 4th the Phat Chicks participated in the CIBC Run For The Cure. There were 6,500 runners and walkers that completed either a 1km or 5km route in Burlington, Ontario. The run is the largest single-day, volunteer led event with approximately 170,000 participants nationwide. Fundraising is expected to reach the million dollar mark. Proceeds go to the Canadian Breast Cancer Foundation (CBCF). The foundation supports many research initiatives including grants to better understand links to breast cancer and education and awareness programs. Thanks to everyone who came out and did a Random Act of Phatness!



Phat Chicks Run For The Cure Team ‘09

BE PHAT - BE AMAZING!

Make the Investment in YOU! Be a Phat Chick!

Contact us @ www.phatchicks.ca

or email

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