

Details announced about 11th annual HeartStrings health and fitness event

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By Caitlin Byrd on 01/27/2013 01:29 PM

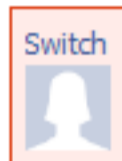
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Press release

From the Western Carolina Medical Society:

Join the fitness gathering of the year! Put together a business, non-profit or family team. Choose from 30-minute group exercise classes, swim or use the fitness facility and raise funds for a great cause!

The 11th Annual HeartStrings event, a fun health & fitness-related fundraiser, is Saturday February 23 from 1-4pm at the Asheville Racquet Club, Downtown.

Now in its 11th year, the annual HeartStrings experience has been embraced by our medical, corporate and general community to help our uninsured and low income population have free access to healthcare. HeartStrings benefits Project Access® and the charitable programs of the WCMS Foundation.

This is a family friendly event! Area businesses, non-profits and families can participate as teams or you can sign up as an individual. Physical activities for 2013 will be Spinning, Zumba, Fun with Bands, Belly Up, Boxing Blast and Partner Party or you can enjoy your regular workout on the treadmill, indoor salt pool, or bikes. FREE Childcare provided for 6 weeks to 12 years. Children 12 years and older are encouraged to participate in one of the kid-friendly activities or enjoy the facility with their parents.

Register now to participate as an individual or put together a team to participate with family, co-workers or friends.

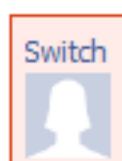
Check out the HeartStrings website for more information.

11th Annual HeartStrings

February 23, 2013

Asheville Racquet Club, Downtown

1pm - 4pm



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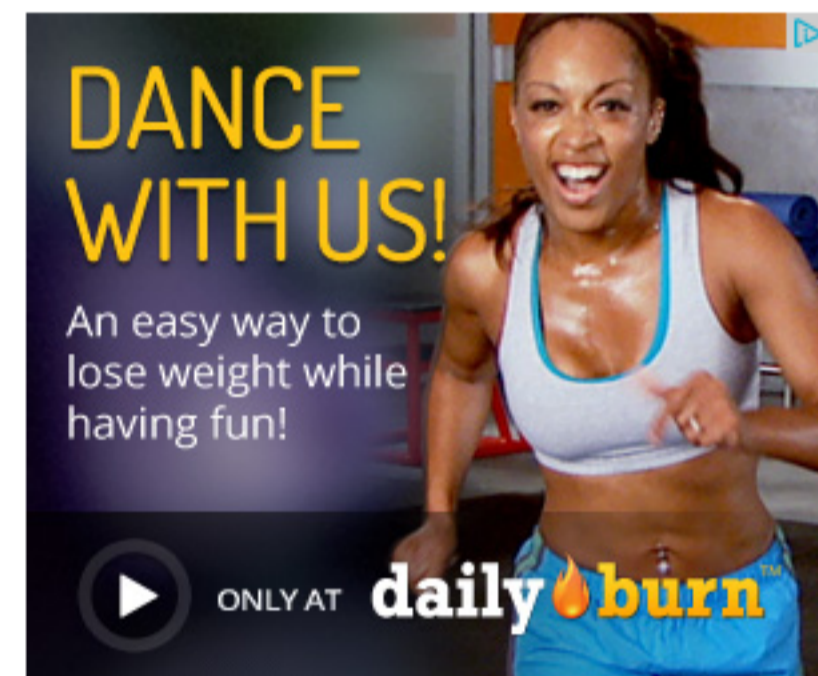
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