

## Feb. 23: Put on Your Sneakers for "HeartStrings"



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WCMS**

On Saturday, February 23, get ready to work it out at the 11<sup>th</sup> annual HeartStrings Event to benefit the Western Carolina's Medical Society's Project Access<sup>®</sup> program as well as other charitable programs of the WCMS Foundation.

From 1–4 p.m., join with other community members in the medical community in an atmosphere of fitness, education, fun, and exercise. Enjoy physical activities in 30 minute classes such as spinning, Zumba\*, fun with resistance bands\*, belly up abs class\*, boxing blast, and partner fitness. (Asterisks denote kid friendly.) Or just tackle your regular workout on the treadmill, indoor salt water pool, or bikes.

Free childcare will also be provided in this time frame by the Asheville Racquet Club. Healthy snacks and beverages are complimentary during the event. For a free goody bag and certificate of completion, complete 30 minutes of exercise.

This year's HeartStrings sponsors to date include Mission Health, Wells Fargo, Asheville Racquet Club, Asheville Anesthesia Associates, CarePartners, Mountain Sleep, Four Seasons, Broker & Hamrick PA, the Asheville Radio Group, Great Beginnings, Gentiva Home Health, and Clear Channel.

WCMS Project Access<sup>®</sup> is a physician volunteer initiative providing access to comprehensive medical care for low-income, uninsured Buncombe County residents. This allows community members to stabilize their health so that health insurance is more attainable.

To participate in this fundraiser, admissions is \$30 per person for individuals; \$75 per family team; \$100 for a nonprofit organization team; and \$250 for a business or corporate team. A maximum of five members comprise a team.

*HeartStrings takes place at the Asheville Racquet Club, downtown facility, located on the property of the Crowne Plaza Resort (1 Resort Drive). Register at [mywcms.org/heartstrings2013](http://mywcms.org/heartstrings2013). Early registration is recommended for families, teams, or individuals hoping to take classes together due to class size limitations.*



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