

HELP HEAL HAITI



Physically, Mentally, Emotionally, and Spiritually

Local Acupuncturist, Randi Savage RN, MS, Lic. Acupuncturist is teaming up with Pilates of Boulder and Rocky Mountain Pilates to sponsor a fundraising event for the People of Haiti and Acupuncturists Without Borders.

In most disaster situations, acupuncturists can be of greatest support beginning several weeks after the disaster, once the people most affected have water, shelter, food, and immediate medical care. When these emergency needs are taken care of, the next critical need is for the people who have been traumatized to be able to function once again physically, mentally, and spiritually. Volunteer acupuncturists will go to Haiti to treat survivors, relief workers, emergency responders and all who are suffering from trauma.

Please join us in raising funds to alleviate suffering in Haiti, while you benefit from caring for your own body and spirit.

Date: Sunday, March 14th, 2010

Place: Rocky Mountain Pilates / Pilates of Boulder shared studio space
2770 Dagny Way, Suite 106
Lafayette, CO 80026

Class Times:	11:00 AM-11:30 AM	Reformer
	11:45 AM-12:15 AM	Spine Corrector
	12:30 PM-1:15 PM	Mat
	1:30-2:00 PM	Demo's on Cadillac and Chair
	2:15-3:00 PM	De-Stress Acupuncture session

Suggested Donation: \$20.00 per class

All donations will go to Acupuncturists Without Borders and are tax deductible!

Space is limited, so register now: www.rmpilates.com to register on-line, or call the studio at (303) 926-5577.

For more information contact:

Randi Savage	(303) 710-9849	www.randisavageacupuncture.com
Melanie Walter	(303) 926-5577	www.rmpilates.com
Bonnie Grebe	(303) 652-4176	www.pilatesofboulder.com