



Saw Mill Club Hosts:

The Helen Ansari Zumba® Fitness “Just Beat It” Bash

To Benefit

The American Cancer Society

Dance to the beat to beat cancer! Join us for an afternoon of feel-good fitness, amusement and special guests.

Date: September 12, 2009

Location: Saw Mill Club, Mount Kisco, NY 10549

Arrival and Registration: 2-3PM – **Zumba:** 3-4:30PM – **Cocktails and Vendors:** 4:30-5:30PM

Who is Helen Ansari?

Helen is a former beauty queen, national aerobics competitor, Zumba certified instructor, personal trainer, Cancer Survivor, loving wife, devoted mother and a true inspiration to everyone she encounters.

What is Zumba?

Zumba is a globally known, invigorating Latin-inspired total body “fitness-party” workout that incorporates hypnotic Latin and international music with dynamic, yet simple dance movements for dancers and non-dancers alike. It’s magically motivating exercise in disguise!

Why should you participate?

Proceeds from the Helen Ansari Zumba Fitness “Just Beat It” Bash will benefit the **American Cancer Society Patient Navigation Program at Northern Westchester Hospital Center**. This program enhances quality of life for cancer patients, survivors and their families from time of diagnosis through survivorship.

The American Cancer Society is a nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer through research, education advocacy and service.

Raising money and awareness has NEVER been so much FUN!

Bonus Beat Ticket: \$250+ = VIP Zum-Pack

Beat-it-beat Ticket: \$100 = Zum-Pack Plus

Banging Beat Ticket: \$50 = Zum-Pack

Bargain Beat Ticket: \$25 = Bracelets

CANCER, “JUST BEAT IT!”