

# ***COME AND PARTY YOURSELF INTO SHAPE***

***REGULAR PHYSICAL ACTIVITY CAN HELP  
PREVENT BREAST CANCER***



**The Pink Ladies are organising a fun  
Zumba® Fitness workout to help raise  
awareness about breast cancer prevention.**

**Saturday, October 1<sup>st</sup>**

**11am – 12pm**

**at St Sampson's High School**

**Places cost £5.00 and are limited**

**Please arrive early to avoid disappointment**

**All funds go directly to the Pink Ladies**

