

'Pink in the Park' yoga class Oct. 11

Relax, meditate, exercise... and support local breast cancer awareness and research! On Sunday, Oct. 11, from 10 to 11:15 a.m., Inner Dance Yoga Center in Oakwood will offer a free yoga charity class at the Paw Paw shelter in Hills and Dales park. Join us and help raise funds and awareness for the American Cancer Society Making Strides Against Breast Cancer. Pink in the Park is not only an important fundraising opportunity, but also a chance to

focus on your own health.

What Is Pink in the Park?

Pink in the Park is a free yoga charity event that provides a way for individuals to join the community in supporting women affected by breast cancer while experiencing the healing benefits of yoga. Join friends and family members at the Paw Paw shelter in Hills and Dales park for an energizing and inspiring yoga class accompanied by live music. 100 percent of

the proceeds will go to Making Strides Against Breast Cancer. Together we can all make a difference, make history, and make strides against a disease that has touched so many of us in so many ways. **No prior yoga experience is necessary.** Please bring your own mat and bath towel! Afterward, enjoy a peaceful hike through the park and a brown bag lunch.

For more information visit www.innerdanceyoga.com or call 609-9642.

'Making Strides' 5K Walk Oct. 17

In honor of Breast Cancer Awareness Month in October, the American Cancer Society will host the 10th annual Making Strides Against Breast Cancer, a non-competitive 5K walk at 10 a.m., Saturday, Oct. 17 at Fifth Third Field in downtown Dayton.

"This event unites people of all ages to help us fight breast cancer and save lives," said Dr. Ron Hale, president of the Society's Montgomery County Board. "Chances are, you or someone close to you has been affected by breast cancer in some way, and Making Strides gives our community the opportunity to raise money for cancer research and make a difference. We're grateful to Cox Ohio Publishing and all of our sponsors for helping us to create a world with less breast cancer and more birthdays."

In 2008, Making Strides walks throughout the country

resulted in more than \$60 million in donations to the American Cancer Society. Last year's walk in Dayton generated more than \$330,000 in donations. These funds not only go to breast cancer research and support programs, but to also making mammograms accessible to all women.

Making Strides Against Breast Cancer has no registration fee and no fundraising minimum. For more information and registration, please visit www.daytondailynews.com/go/pink.



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