



BruceChung
TOTAL FITNESS

Family Ties of Westchester, Inc. is a non-profit, community based organization which provides support, education and advocacy to parents of children with special needs across Westchester County. 100% of the funds raised at this "Bruce Chung's Cares" event will go to provide various recreational opportunities for youngsters who might not otherwise be able to participate in these types of activities.

**FUNDRAISER TO BENEFIT
FAMILY TIES OF WESTCHESTER, INC.**

**COME JOIN US FOR A
"DAY OF FUN AND FITNESS"
MAY 4TH, 2008**

The day will start with a 1-hour Total Body Conditioning/Kickboxing/Boxing class from 8:30 to 9:30am. The Total Body Conditioning/Kickboxing/Boxing class will be followed by a 1-hour Sculpt N Motion class from 9:45 to 10:45am.

Minimum donation for one class is \$40 per person or take both classes – *If you dare!* for a minimum donation of \$60. Space is limited so sign-up and make your donation today.

At 1:00pm our Junior Black Belt Demo Team, Instructors, Grandmaster Bruce Chung and Master Susan Chung perform an amazing, high energy Tae Kwon Do Demonstration. Don't miss the astonishing high-flying kicks, beautifully synchronized forms and exciting board breaking routines.

MINIMUM DONATION TO ATTEND
THE BLACK BELT DEMO:
\$5 KIDS AGE 4-10
\$10 FOR AGE 11 AND UP
(Children under 4 are free)

TICKETS MUST BE PURCHASED IN ADVANCE
SPACE IS LIMITED SO PURCHASE YOUR TICKETS TODAY

Please make all checks payable to
Family Ties of Westchester, Inc.

100% of all money raised
will be donated to
Family Ties of Westchester, Inc.