



Shape Up Vicksburg

WEIGHT LOSS CHALLENGE CELEBRATION

Saturday, March 13, 2010

12:00 p.m. to 3:00 p.m.

Southern Cultural Heritage Center
1302 Adams Street (off Cherry)

FREE ADMISSION ★ T-SHIRTS ★ PRIZES AWARDED

IT'S TIME TO CELEBRATE!

**CALL YOUR FRIENDS, BRING YOUR FAMILIES
AND PUT ON YOUR DANCING SNEAKERS!**

JOIN US FOR FASHION, DANCE AND ENTERTAINMENT.

***Zumba *Line Dancing *Hip-Hop**

Play With Your Food

Chef David Leathers of *Food Stylin* will amaze you as he transforms regular produce into culinary works of art. You and your children will be entertained and inspired by his passion and talent showcasing healthy eating made fun.

PRODUCE PROVIDED BY



Feel Good Fashion Show

Check out the latest styles for men, women and children from Dillard's, River City Outfitters, Wal-Mart, Belk, Lane Bryant and more.

**Directed by dancer and
choreographer Emmanuel Evans.**
Emmanuel has worked with Kanye West, appeared in music videos and helped choreograph the 2009 Miss Mississippi and Outstanding Teen pageants.

He currently teaches Hip-Hop classes at Debra Franco School of Dance.

**CONTINUE YOUR WEIGHT LOSS! JOIN VICKSBURG'S ALL NEW WALKING CLUB.
SIGN UP AND HAVE YOUR WALKING EVALUATION, BLOOD PRESSURE CHECK AND WEIGH-IN.
RECEIVE A FREE T-SHIRT AND INFORMATION ABOUT YOUR NEXT WALK.**

SPECIAL THANKS TO OUR INITIAL SPONSORS

