

# October is Domestic Violence Awareness Month

Join the Three Sisters  
Program for a

# ZUMBAthon



**Wednesday, October 5, 2016**  
**6:00 to 8:00 p.m.**  
**Heart to Heart Fitness**



**LIMITED SPACE – REGISTER NOW**  
**CALL (518) 358-4406 TO REGISTER**

**INFORMATION TABLE ~ PRIZES**