



Member eFIT NEWS - June 2010

Summer Beach Party!!



World Health is hosting a summer beach party at 2 locations in **Calgary & Edmonton** in support of **Wellspring & Cancervive**. Join us for free food & drink, take part in our group exercise classes and donate to two great charities!

[Click Here](#) for more info!

4th Annual Charity Golf Tournament



Join us for our 4th Annual Charity Golf Tournament. It will be held at the the Delacour Golf Course in Calgary and the Ravencrest Golf Course in Edmonton. Registration includesIncluded a golf cart for the day, lunch & dinner and lots of wonderful prizes!

[Read More](#)

Upcoming Community Events



Calgary
- [Welcome Wagon Baby Shower](#) - you could win the grand prize of a 1 year membership plus a promo pack!

Heart & Stroke Healthy Recipe



Check out the monthly healthy recipe from the Heart & Stroke Foundation:

[Honey Garlic Roast Pork](#)

Referral Program



Refer a friend for your chance to win a Backyard Bliss prize package (valued at over \$2000)!

[Refer a Friend](#)

Featured Class



The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

[Join a class today!](#)

Connect with Us



Join our Facebook page or Tweet us - we'll have prize giveaways, health tips, videos and more!

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