



For Immediate Release

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Peg Fitzgerald 410-822-6681

[pfitzgerald@talbothospice.org](mailto:pfitzgerald@talbothospice.org)

## **Fitness Demonstrations to benefit Talbot Hospice Foundation**



Talbot Hospice staff, standing, left, Sheila Monahan, Donna Stone and Julie Crocker and Kate Cox seated, join Lorri Wilson-Clarke, seated, right, in promoting fitness awareness for hospice.

Lorri Wilson-Clarke, owner of BodyWatts, a lifestyle studio for women, has announced a free fitness and beauty expo on February 27 from 9 am to 1 pm. Open to the public, participants should come dressed for fitness and ready to join the fun.

Zumba, line dancing, core toning, yoga, and tae bo kickboxing will be demonstrated. Hairstyle consultants, skin care and makeup, quickie makeovers, customized jewelry, reflexology, herbologist, and a healthy food corner featuring Chef Seth Willis from the Easton Club will be part of the event.

Fitness demonstrations will be given every hour. Attendees are encouraged to donate to the Talbot Hospice Foundation. BodyWatts is located at 101 Marlboro Rd., next to the bowling alley.