



SOCIETY OF ST. VINCENT DE PAUL OF SEATTLE/KING CO.

5950 4th Ave. S. Seattle, WA 98108 206.957.7241



“Compassion in Action”

MEDIA ADVISORY

For Immediate Release

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Contact: Richard Bray, Donor & Community Relations
206- 957-7241 or 206-335-3239 (cell anytime) or
richardb@svdpseattle.org

THREE WAYS TO HELP YOUR HEART AT VALENTINE’S WEEKEND BURN THE FAT—FEED THE HUNGRY—FITNESS FUNDRAISER

(REDMOND) Get a superb fitness work out and help St. Vincent de Paul feed our neighbors in need in King County on Sat., Feb. 13, 8am -11am, at the Emerald City Gymnastic Academy 17969 NE 65thSt Redmond. \$25 admission (100% goes to St. Vincent de Paul). Contact 206-957-7241 or www.svdpsattle.org. Sponsored by Seattle Boot Camp.

Saturday is the day before St. Valentine’s Day so people can do some good things for their heart:

1. Get a good workout (you and even your sweetheart)
2. Give part of your heart to help neighbors in need
3. Be energized to spend a special Valentine’s Day with your sweetheart

“Come do something good for your heart, something good for a needy neighbor and make it the best Valentine’s Day ever,” says Richard Bray, St. Vincent de Paul spokesperson.

Attendees can exercise 30 minutes or all three hours. People can come anytime during the fitness event. Besides a great workout, all attendees will receive a nutritional guide, health snacks and bottled water, and fitness discounts. Instructors from Seattle Boot Camp will provide a fun and engaging workout for people of all fitness levels. More information about Seattle Boot Camp at www.seattlebootcamp.com

St. Vincent de Paul’s four-fold outreach Helps Neighbors in Need & Cares for the Planet:

- **Home Visits**—our 53 neighborhood-based volunteer groups make home visits to help prevent eviction, hunger, utility shut-off and more.
- **Food Banks/Meal Programs**—we give long-term help for neighbors who are unemployed or in poverty and going through tough times
- **Case Management Program**—we provide long-term help for the homeless and others to break the cycle of poverty and become more self-sufficient
- **Thrift Stores**—recycling 5 million of materials yearly, providing employment and volunteer opportunities and charitable funding for neighbors in need.

2010 marks the 90th anniversary of St. Vincent de Paul’s outreach of “Compassion in Action” to neighbors in need.

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