



THINK PINK

at breast cancer awareness events

PHOTO BY ANNE STOKES

The Studio Martial Arts & Fitness will host free fitness and breast cancer awareness events on Saturday, Oct. 25.

Attendees are invited to wear pink gear and join in a pink-themed cardio kickboxing class from 10 a.m. to 11 a.m.

Exercise and breast cancer survival go hand-in-hand; research has shown that regular physical activity reduces the odds of developing breast cancer. No previous experience is necessary to attend the class.

A breast cancer awareness seminar will be presented from 11 a.m. to noon by Dr. Scott C. Braley, a board-certified physician with a practice in Roseville. His presentation will focus on self-exams, screenings, mammograms, prevention and treatment.

“One in eight women will be diagnosed with some form of breast cancer,” said Amitis

Pourarian, owner and instructor at The Studio. “Many

of us have been touched by breast cancer,

whether personally or in support of a loved one.

We’re pleased to host this event that will help increase breast cancer knowledge while attendees have an opportunity to focus on their own fitness and health.”

The free events will be held at The Studio, 8200 Sierra College Blvd., Suite D. Attendees do not need to be a member of The Studio to attend.

The Studio Martial Arts & Fitness works to enrich the lives of others through a wide variety of specialty martial arts and fitness classes. The BAM (Bad A** Moms) Program for women combines martial arts, self-defense and life coaching.

For more information or to reserve a spot, call (916) 258-5425.

Amitis Pourarian, owner and instructor at The Studio, is organizing free fitness and breast cancer awareness events on Oct. 25.

‘THINK PINK’ FITNESS, BREAST CANCER AWARENESS EVENTS

When: 10 a.m., cardio kickboxing class; 11 a.m., breast cancer awareness seminar on Saturday, Oct. 15

Where: The Studio Martial Arts & Fitness, 8200 Sierra College Blvd., Suite D

Cost: Free