

## **Ladies Night of Fun and Pampering To Benefit YMCA Programs for Underserved Youth**

Calling all ladies. If you like being pampered, and you take pleasure in knowing you've helped bring a smile to a child, the Richard E. Lindner YMCA has an invitation for you. On April 17, leave your stress behind and come, indulge yourself in spa treatments and tantalizing food, laugh and talk amongst friends, dance the night away, and learn how to 'Make Your Dreams a Possibility' by keynote speaker, Lucreta Bowman.

And, while it's an evening to leave the outside world behind, the \$35 admission (\$45 at the door) to the Heart 2 Heart Women's Night In will help open doors to new opportunities for children in the Norwood area whose families are having financial difficulty. Money raised will be used by the Richard E. Lindner's scholarship fund that last year allowed 400 children to participate in sports and other character building activities who otherwise wouldn't have been able to afford fees.

"The support I've gotten from salons, beauty professionals, cosmetology students, massage therapists, caterers, Woodland Recreation, and even our keynote speaker who have been willing to donate services for this has been overwhelming. It's really heartwarming to see a community come together for the sake of our children," said Krisy Orr, program director at the Richard E. Lindner YMCA coordinating the event.

The admission price will include a choice of indulgence – a mini manicure; hair analysis with hand and arm massage; mineral make-over; paraffin hand wax treatment; chair massage. Extra indulgences that evening can be purchased for \$5. Attendees will also receive a drink ticket and a chance at winning a door prize.

Featured on the nationally syndicated Maury Povich Show and numerous local tv and print appearances, overcoming early years of painful abuse and addiction have transformed speaker Lucreta Bowman into a powerful leader inspiring positive change. Today she is a pastor, an author and director of Having the Courage to Change program. At Heart 2 Heart, she'll talk from example.

"Have you ever had this itch inside of you that will not go away? If so I have learned through my journey in life that it could be a Dream that has been placed in your Heart that is trying to become a Reality, but because of your fears, lack of skills and resources you find yourself perhaps settling for Mediocre when GREATNESS is knocking at your heart saying, 'Let me become a POSSIBILITY,' said Lucreta.

Catering for Heart 2 Heart is being donated by Daycare Catering. Major sponsors include: the Marvin Lewis Foundation, Gus Perdakakis and Associates, Woodlawn Recreation. Other large contributors are Mitchell's Salon & Day Spa, Aveda, Arbonne, and Moler-Pickens Beauty College.

For more information or to make a reservation, please call Kristy Orr at the Richard E. Lindner YMCA, 513-731-0115.

The YMCA is the largest non-governmental, non-profit community services organization in this area that is committed to helping everyone reach their God-given potential in spirit, mind, and body – regardless of their ability to pay. Each year tens of thousands of people from children to seniors are able to participate in YMCA programs and services because of financial assistance, including health and wellness, active older adult programs, youth and teen camp, swimming and water safety lessons , teen achievers, college readiness, and job preparedness. With 60 locations, the YMCA of Greater Cincinnati is also the largest provider of child care programs, that in 2007, served nearly 10,000 kids on YMCA scholarships. The annual Strong Kids Campaign helps make that possible.

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