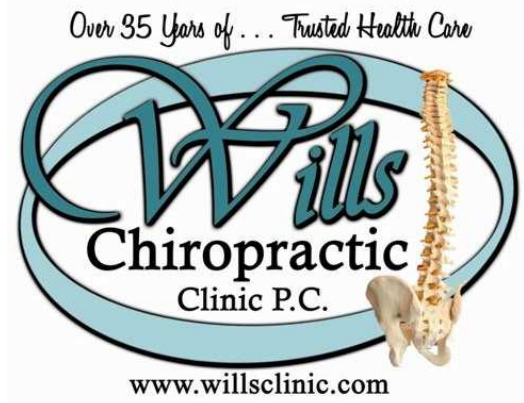




&



Present The Areas First Ever Charity Boot Camp Event!!!

UBT Fitness and Dr. Nick Krysl from Wills Chiropractic are teaming up to help Doves, a local Domestic, Dating and Sexual Violence Services and Prevention Organization. The event will include a free Boot Camp Workout, \$97 of free fitness and nutrition manuals, "Your Body, Your Health, Your Life!" presentation by Dr. Nick Krysl, & a Doves presentation. For admission bring any of the following items:

- Toilet Paper
- Diapers (all sizes)
- Baby Wipes
- Paper Towels
- Non-perishable Food Items
- Cleaning Supplies
- Dish Soap
- Liquid Hand Soap
- Laundry Supplies
 - Detergent
 - Bleach
 - Fabric Softener
- Personal Hygiene Products
- Shampoo/Conditioner (full-size, please)
- Soap
- Lotion
- Deodorant
- Toothbrushes/
Toothpaste/Dental Floss
- Shaving Cream & Razors
- Gift Cards/Certificates for Groceries/Gas
- Cash Donation

Locations & Times: Saturday November 7, 2009

**Bayard-High School
Weight Room
11 AM**

**Scottsbluff-The Warehouse
Fitness Center
2 PM**

Contact Nick Anest [308-279-1123](tel:308-279-1123) or Chris Little [308-225-2705](tel:308-225-2705) for more info

DOVES

*...Hope
...Help
...Healing*

Domestic, Dating and Sexual Violence Services and Prevention



24-Hour Crisis Line
308-436-HELP (4357)
866-95-DOVES (36837)

Línea de Crisis las 24 Horas
877-215-0167 (español)