

# Press Release

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**Contact:**

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**What: Climbing to Cure Kids Cancer**

Plus all the proceeds from the event will go to the **Children's Cancer Clinic at Doernbecher Children's Hospital**. The mission of the Children's Cancer Center is to provide the very best available care for children with cancer, and also to conduct cutting-edge research to improve the treatment of children with cancer.

More information is available at:

[http://www.nwpersonaltraining.com/subs/events/event\\_details.php?event\\_id=16](http://www.nwpersonaltraining.com/subs/events/event_details.php?event_id=16)

**When:** Sunday April 27<sup>th</sup> from 9:00am-12:00pm

**Where:**

Portland Rock Gym: 21 NE 12th Ave, Portland, OR 97232

**Cost: \$60 and includes:**

- Cool, High Tech Nike T-shirt
- Indoor Rock-climbing Experience – Fabulous Full Body Workout
- Food and Drink courtesy of Whole Foods
- Fun Event Festivities including massage & spa treatments
- Sense of accomplishment when you reach the top of the wall!
- Sense of contribution knowing you're helping raise money for an important cause!

Note: Kids are welcome (6 years and over) and will help make for a wonderful family event! Teach your kids early that helping and giving back can be fun too!

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**About Northwest Personal Training**

Alex & Sherri McMillan, M.Sc. have been inspiring the world to adopt a fitness lifestyle for over 30 years collectively and have received numerous industry awards including IDEA Fitness Directors of the Year, IDEA Personal Trainer of the Year, CanFitPro Fitness Presenter of the Year and BBB Business of the Year. As fitness trainers, fitness columnists, authors of five books and manuals, stars in various fitness DVDs, and international fitness presenters, they are spokespersons for Nike, Nautilus, Twist Conditioning and PowerBar.