



Nia[®] Dance Jam

Benefit for

Humans Helping Humans

Join the Charlotte Nia commUNITY in this
Mind-Body-Spirit DANCE party for a great cause!
Featuring Nia Instructors from all over the Charlotte area.

Saturday, September 17th, 2011

2:00 p.m. – 3:30 p.m.

**The Cornwell Center
2001 Selwyn Ave, Charlotte, NC**

**Bring one school
supply item**

**Suggested donation \$15
(Donate what you can – more or less)
All proceeds go to non-profit organization
Humans Helping Humans**



**The Nia Technique[®]
nianow.com**

For more info contact Terese Schoen:
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