

***NEWS RELEASE***

*For Immediate Release*

11 August 2014

Contact: Nancy Sherman

Director of Marketing & Communications

nsherman@caroline-center.org

410.563.1303 x25

**“Unleash Your Super Woman Within” Event to Benefit Caroline Center**

“Unleash Your Super Woman Within” was created by Key Leader Gina Casbarro of Lululemon, Baltimore, to bring an empowering message to women through an event that will feature a creative blend of yoga, movement, martial arts, and personal goal-setting – all geared to helping women unleash the super person they have inside while helping to support the Caroline Center program.

The event will be held on Sunday, August 17, 2014, from 3:30-5:00 p.m., at Baltimore Yoga Village in Mt. Washington.

To register for the event or to make a contribution to support women’s empowerment through a Caroline Center education, visit:

<http://www.crowdrise.com/unleashyoursuperwomanwithin/fundraiser/ginacasbarro>

Space is limited, so early registration is encouraged. Ms. Casbarro has set a goal of raising \$1,000 for the program.