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FOR IMMEDIATE RELEASE

“MY MISSION IS TO EMPOWER EACH WOMAN TO EMERGE FROM THE SHELL OF BLINDNESS THAT SURROUNDS HER, AND GIVE HER THE BEST LIFE HAS TO OFFER IN A NEW WORLD BEYOND BELIEF.” BBI FOUNDER, JOYCE GUGEL.

{Juno Beach}, Saturday, January 29th, 2011 – Loggerhead Fitness is pleased to host Beyond Blind Institute (BBI) as they partner together to offer fitness and nutrition instruction to BBI’s members, as well as to all local sight impaired or legally blind individuals.

Licensed nutritionist, Kim Butler, will do a nutrition class which will feature ways to prepare and cook meals, followed by a yoga class with Nicole Sedito, as well as basic exercise instruction on several pieces of cardio equipment, with personal trainer, Tom Fallone. The event will start at 1:30 p.m., with participants transported via Palm Tran, and run until 3:30 p.m.

Beyond Blind Institute is a non-profit started by Ms. Gugel, who is legally blind herself. Affected by a congenital eye disease that has stolen her sight, she has experienced first-hand how adult on-set or sudden blindness can be debilitating. Her organization is dedicated to restoring the shattered lives of visually impaired and blind women, who are seeking equal opportunity in today’s ever-demanding-society. The Institute offers tools needed to retain a productive life, ways to enhance health and fitness, as well as how to regain and maintain emotional stability. Additionally, technical skills are taught, career opportunities and advanced low vision technology is supported.

There is no cost for this event ...

Donations are welcome and appreciated. www.beyondblindinstitute.org.

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Loggerhead Fitness is located at 901 Donald Ross Road, Juno Beach, 33408