



Nia Jingle Jam

a Holiday Nia Benefit

In conjunction with Chicago Lights Organization, the Nia Chicago teaching community will be hosting a Jam style Nia class AND collecting donations of socks (new) and running shoes (lightly worn).

The socks and shoes will be given as **Holiday Gifts** for "The Women of the Healthy Heart Project" at both Sanctuary Place and Deborah's Place in Chicago.

Sunday December 11, 2011
10:30am-12pm

\$5 (class cost) + **Donations** (collecting socks (new) and running shoes (lightly worn))

Visceral Dance Center

2820 N. Elston Ave - Chicago, IL 60618
(Intersection of Western, Diversey, & Elston) Easy Street Parking

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About Sanctuary Place

Dedicated to homeless women with special needs, including HIV/AIDS, chemical dependency, and/or mental illness. Services provided by program partner, Interfaith Council for the Homeless as well as the unique architectural design enables approximately thirty percent of the units to provide a home to women ex-offenders



"Chicago Lights"-Center for Whole Health, a Community Outreach Program @Fourth Presbyterian Church" **CHICAGO LIGHTS** is a 501(c)(3) non-profit community outreach organization that fosters education and literacy, alleviates hunger and homelessness, and advances health and wellness. Visit www.chicagolights.org to learn how you can volunteer and donate to change 7,000 lives -- one at a time.

About Deborah's Place

For the past 25 years, Deborah's Place has worked to break the cycle of homelessness through compassionate, innovative, and award-winning programs. Your involvement helps the women of Deborah's Place achieve their goals of stable housing, sustainable income, and greater self-determination.

Nia - A sensory-based movement practice that leads to health, wellness and fitness - www.nianow.com