



CV Fitness, Symmetry Ltd (Megan and Angela, personal trainers), N.E.W.S.(Wanda Crowder, nutritionist) and BodyNetix (Chris Ketch, personal trainer) would like to extend a sincere thank-you to the sponsors of the Silent Auction held at CV Fitness on June 24<sup>th</sup> and 25<sup>th</sup>. The Silent Auction marked the end of the 3 month Ultimate Health and Transformation event designed and implemented to promote the benefits of active living and to raise money for two worthy charities, The Canadian Cancer Society and locally known YANA.

Businesses contributing to the Silent Auction through donations included, Coastal Trek Resort, Comox Valley and Campbell River Kayaks, Courtenay Flight Center, Endless Sun, Symmetry Ltd., Comox Valley Fitness, Ski Tak Hut, Jo Ann Grant (Mary Kay Cosmetics), Blair Polischuk (Silverwork Studio), Cody & Company, Timms Fine Art Gallery, Alicia Kent (Isagenix), Edgewater Pub and Bistro, Thrifty Foods, Atlas Café, Truline Masonry and Landscaping, Grace Cosmetics, Crown Isle Golf Course, Longlands Golf Course, Fluid Bar and Grill, Whistle Stop Pub, Molson, Healthy Coffee Venture, Studio Eclipse 101, Jennifer Crichton (massage therapist), Glacier Greens Golf Course, Sunnydale Golf and Country Club, Mulligans Golf Center, Future Shop, Valhalla Pure, Tab Imports, Billy D's Pub and Bistro, Kingfisher Spa, and Hobson Place Bed and Breakfast.

Further, The Ultimate Health and Fitness Transformation Committee and the participants of the event would like to recognize and thank businesses and local professionals from the Wellness Center who gave their time and efforts to introduce the transformation participants to additional ways of healthy living. Thank- you to Dr Lise Maltais, Gina Goud, and Jennifer Bird for extending your services. Thank- you also Brad Warren from Logistica (website) to Jennifer Crichton (massage therapist), Reflex, GNC, Thrifty Foods, Roots Salon, and Endless Sun for adding special bonuses.

The success of the Ultimate Health and Fitness Transformation Event is due to all businesses, participants, and those bidding at the Silent Auction. With all contributions funds raised surpassed \$3500.00.

With genuine appreciation, the Ultimate Health and Fitness Transformation committee thanks you.

CV Fitness and associated partners, Symmetry Ltd., N.E.W.S, and BodyNetix would like to sincerely thank all sponsors who offered donations for the silent auction held June 24<sup>th</sup> and 25<sup>th</sup> at CV Fitness. The silent auction marked the end of our 3 month Health and Fitness Transformation event designed to raise much needed money for both YANA and the Canadian Cancer Society. We appreciated each and every item which was donated to us and all bidders who came out to support the cause. With all sponsors combined, we were able to raise a total of \$3650.25 for our charities.

With sincere appreciation,

The Ultimate Health and Fitness Transformation Committee