

For Immediate Release

Media Contact: Donna Haynes
(407) 841-8310 ext. 3150
dhaynes@legalaidocba.org

**Florida Fitness Concepts Offers Opportunity to Help Self while Helping
Legal Aid Society of the Orange County Bar Association!**



ORLANDO Fla. – Florida Fitness Concepts is offering area attorneys and residents the opportunity to feel better physically, mentally and emotionally for just a few minutes and a few dollars.

Through October, 2011 when one donates at least \$50.00 to the Legal Aid Society they will receive two (2) complimentary training sessions and a body fat analysis at one of the top personal training studios in the Orlando area - Florida Fitness Concepts.

Those who participate will not only feel better following a great workout, but also knowing they assisted in ensuring children, working poor and elderly have a place to turn to receive the legal services they need to secure food to eat, a warm place to live and protection from domestic violence.

The Legal Aid Society of the Orange County Bar Association, Inc. relies on donations and grants to keep its doors open. A \$50.00 donation from you would make a positive impact on the program's ability to continue to provide important community services through this difficult economic period.

Now, thanks to Florida Fitness Concepts, in addition to assisting the Legal Aid Society, a \$50.00 donation qualifies those who give to receive two (2) one hour personal training sessions and a body fat analysis to be provided at the personal training studio of Florida Fitness Concepts, located at 1039 North Mills Avenue. No more than 2 donations can be used by the same person. This offer is not available to current clients of Florida Fitness Concepts. Sessions must be completed within one year of the date of donation. Florida Fitness Concepts offers a full service training facility with some of the best personal trainers and state of the art equipment in Central Florida. For more information on Florida Fitness Concepts, please visit www.floridafitnessconcepts.com

To give, please visit www.legalaidocba.org and click on the contribution button on the bottom of the home page, simply print your receipt and contact John Dickson at Florida Fitness Concepts at 407-497-2179 or at cfloridafitness@cfl.rr.com to schedule your appointments. You must bring proof of donation to your session in order to be eligible for this service.

For more information, contact Donna Haynes, Development Manager, Legal Aid Society of the Orange County Bar Association at (407) 841-8310 ext. 3150 or visit 100 East Robinson Street, Orlando, Florida 32801.