

What is a SHRINK-A-Thon™?

A SHRINK-A-Thon™ operates much like a “walk-a-thon” or a “bowl-a-thon”, but instead of “walking” or “bowling” participants shed excess pounds.

(Picture children trying to raise money for their school, as they ask family and neighbors to pledge 50 cents for every lap they walk. But now instead of children, think of adults working in teams to lose weight while supporting The Deaf & Hearing Connection.)

We all know many worthy causes that are in need of financial support and most of us recognize the need to shed a few pounds or just generally get healthier. The SHRINK-A-Thon™ combines these two needs, and thus creates a powerful win-win situation (or, as we like to call it, a “lose”-win). As we work together to lose weight, we raise money for charity. Everyone benefits!

Around the world the global SHRINK-A-Thon™ movement is changing lives!

You're invited to join us for a fun evening and some powerful education on healthy lifestyle changes that will allow you and your loved ones to have optimal health and support The Deaf & Hearing Connection at the same time. Join us for a FREE DINNER and learn about our **SHRINK-A-Thon™** event! As we lose pounds and reach optimal health, our charity wins!

Remember to "SAVE THE DATE" **February 11th at 6pm**. Deaf & Hearing Connection located at 7821 Seminole Boulevard, Seminole, FL 33772. Invite friends and bring your appetite!

For questions on the **SHRINK-A-Thon™** call Frani Pisano at (941) 567-6555.

For more information on the programs and services offered at the Deaf & Hearing Connection for Tampa Bay, Inc. - Please call (727) 399-9983.