



Join us at the Asheville Racquet & Fitness Club and help us raise money for Meals On Wheels

**January 23, 2010
11:30 AM**



Sponsored by:



Ocean's Flavor Foods, LLC
Your Healthy Salt Company



After the Polar Bear Plunge Warm up with a Hot Lunch!
Homemade
Chili & Crackers
Dessert & Drink
Just \$7.00



Asheville Racquet & Fitness Club will waive enrollment fees for all 2010 Polar Bear Plunge Sponsors & Participants

For more info or to sponsor a jumper visit:
www.MOWABC.org

All Polar Plunge proceeds will be used to support our local Meals On Wheels of Asheville & Buncombe County

For more info contact Barbie Hunter or Jessy Hyder at the Asheville Racquet & Fitness Club (828) 274-3361 or call Terri Bowman at Meals On Wheels (828) 253-5286.