



## **ROLL WITH A GOAL proudly partners with Weigh of Life**

**We are happy to provide exercise equipment to aid in their mission.**

**Weigh of Life is a non-profit that provides exercise classes, nutrition education and social support since 2006.**

**Weigh of Life was created so that individuals at any income level who want to improve their exercise and nutrition habits and promote preventive health can do so in a safe and supportive environment. We offer Zumba, Kickboxing, Step Aerobics and Healthy Cooking classes at four locations in Richmond and San Pablo. Several locations also include childcare.**

**ROLL WITH A GOAL has donated exercise equipment to this worthwhile organization and will continue to support them through both donations and volunteer hours. We would like to increase our outreach by donating fitness equipment to other organizations that contribute to society in the same way as Weigh of Life. A portion of their proceeds will always be returned to the community. Please contact them if you have a program that is promoting a healthy lifestyle to individuals in low income areas.**