

## 2<sup>nd</sup> Annual Bridges to Healthy Living Event

Fort Collins, CO-September 3, 2013- AlterMed Research Foundation is pleased to announce the 2<sup>nd</sup> annual Bridges to Healthy Living event with expo, demos, dinner and auction, scheduled for September 27, 2013 at Club Tico in Fort Collins (1599 City Park Dr.) from 5pm to 9pm. Join us for a fun and relaxed evening to enjoy a taste of holistic approaches to healthy living. Healthy and tasty tapas-meals, desserts, alcoholic and non-alcoholic beverages will be served.

Included with the event:

- Experience our joint community expression of simple and fun holistic approaches to healthy living with proper Diet/nutrition, Active living/fitness, Relaxation, Coping positively with life's challenges, and Interconnectedness of support/caring (DARCI)
- Share your team's contribution locally or remotely (via phone/technology) and win a \$500 cash prize for the best community expression of healthy living in any or all of the areas of DARCI
- Sample and collect easy-to-make healthy and delicious food recipes
- Win at the live and silent auctions
- Listen to upbeat background music
- Support all humans enjoying optimum wellness free of cancer and chronic illness

The proceeds of this event support evidence-based integrative medicine research of prevention/treatment/cure of cancer or chronic illness.

To sponsor, exhibit, attend and/or be a team captain, contact [info@altermedresearch.org](mailto:info@altermedresearch.org) or 970.310.3030. We thank our major sponsors: Taverna Greek Grill & Best Buy, and our support sponsor: The BioMat Company.

Tickets - General Admission starts at 5pm for \$50 per person. VIP early access starts at 4pm for \$75 per person (including champagne, premium wines, sushi, and other appetizers). Groups of up to 10 - \$400 for General Admission, and \$600 for VIPs.

For more information and/or to purchase tickets for Bridges to Healthy Living, visit <http://www.AlterMedResearch.org>

**Our Mission:** Be a change agent, through research and education, to achieve full integration of evidence-based complementary and alternative medicine into conventional health care so all people can enjoy optimum wellness.

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