FOR IMMEDIATE RELEASE

4th Annual Bridges to Healthy Living Fundraising Event: A Healthy Lifestyle Made Simple and Fun

Fort Collins, CO – June 6, 2015 – AlterMed Research Foundation is pleased to announce the 4th annual Bridges to Healthy Living fundraising event with expos, demos, dinner, auctions and presentations, scheduled for October 9, 2015 at Club Tico in Fort Collins (1599 City Park Avenue) from 5-9 p.m. Join us for a fun and relaxed evening to enjoy a taste of holistic approaches to healthy living. Healthy and tasty meals, desserts, alcoholic and non-alcoholic beverages will be served.

At this event, attendees will learn about our community vendors' products and services for healthy living, enjoy simple and fun lifestyle pampering and relaxation techniques, watch food demos, taste samples, collect easy-to-make healthy and delicious food recipes, shop at the silent auction, participate in a live auction, listen to upbeat music, and support all humans enjoying optimum wellness free of cancer and chronic illness.

Sponsors get the option to compete in the 4th annual Healthiest Business to be voted the #1 business contributing to healthy living in any or all of the areas of DARCIE (Diet/ nutrition, Active living/ fitness, Relaxation, Coping positively, Interconnectedness and Environmental impact awareness on health).

This year we are honored to have cancer prevention expert, Tim Byers, MD, MPH, speak and answer questions on the topic "How much cancer could we prevent if we really wanted to?" Dr. Byers is a Professor of Epidemiology and Associate Dean of Colorado School of Public Health.

The audience will also learn about the latest in Energy Medicine: Evidence, Enigmas, and Future Directions from Susan Lutgendorf, PhD, Professor at the University of Iowa and President-Elect of the PsychoNeuroImmunology Research Society.

To sponsor, exhibit, attend and/or be a team captain, contact <u>info@altermedresearch.org</u> or 970.310.3030.

Tickets -

Free General Admission starts at 5 p.m., register at www.AlterMedResearch.org.

VIP early access starts at 4 p.m., Invitation Only or Inquire (including champagne, premium wines, sushi and other appetizers).

For more information and/or to register for Bridges to Healthy Living Fundraising Event, visit http://www.AlterMedResearch.org

The proceeds of this event support AlterMed's mission.

Mission of AlterMed Research Foundation, a 501(c)(3) non-profit: Be a change agent, through research and education, to achieve full integration of evidence-based complementary and alternative medicine into conventional healthcare so all people can enjoy optimum wellness.