



The Neighborhood Table ■ P.O. Box 512 ■ Wisconsin Rapids, WI 54495 ■ (715) 422-1980 ■ [www.theneighborhoodtable.org](http://www.theneighborhoodtable.org)

**For Immediate Release**

May 19, 2014

### **Second Annual Zumbathon to benefit The Neighborhood Table**

WISCONSIN RAPIDS, Wis. – The Neighborhood Table (TNT) today announced that it will be the benefactor of the proceeds of the Second Annual Zumba charity event to be held on Tuesday, June 3. The event will be sponsored and instructed by Mary Jo Brandl, owner of MJ's Balance Studio and will be held from 5:30 to 7:30 p.m. in the parish hall at St. John's Episcopal Church, 320 Oak Street. The public is invited to attend.

According to Brandl, the fundraising event will start out with low-impact Zumba followed by a 15-minute break. Then, the session will continue with upbeat higher impact Zumba concluding with announcement of winners of the basket raffles that will be offered. The cost to participate is \$10 per person or \$15 for both sessions. 100% of the event's proceeds will be donated to TNT. "I am so excited to host this second annual charity event for The Neighborhood Table. Last year, we raised over \$1,600 and I'm hoping we'll surpass that amount for this year's event. And, I am again thankful to St. John's for allowing us to hold this event in their parish hall. We welcome all and hope for a great turnout," said Brandl. Interested parties are asked to reserve a spot by calling (715) 459-1487 or emailing [mjsbalancestudio@charter.net](mailto:mjsbalancestudio@charter.net).

"We are once again honored and thankful to have Mary Jo hold this special event on our behalf," said Dale Bikowski, president of TNT. "We certainly will put the proceeds to good use to help us purchase food and supplies for our meals. TNT is blessed to have over 1,500 volunteers who serve more than 20,000 meals a year to our guests, so the proceeds most definitely will help us out."

#### **About The Neighborhood Table**

The Neighborhood Table is a nonprofit 501(c)3 charitable organization with the mission to reduce hunger, improve the quality of life and create an awareness of the needs that exist in the Wisconsin Rapids community and surrounding area. The organization was formed in late 2003 and grew the frequency of meals served since that time to every Thursday and the last two Tuesdays of each month. Currently, approximately 170 and 375 meals are served each Tuesday and Thursday, respectively, to local participants. Since inception, The Neighborhood Table has served more than 195,000 meals. Over 100 different groups, businesses and clubs in the area sponsor TNT meals.

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*We share not only a meal, but also an atmosphere of hospitality and mutual respect.*

The Neighborhood Table is staffed by volunteers who carry out the meal/soup kitchen program by offering a free meal to anyone who is in need. Meals are served 4:30 to 6 p.m. at St. John's Episcopal Church, with carry-outs available Thursdays only. The Neighborhood Table is governed by its Board of Directors. The program services the communities of Wisconsin Rapids, Nekoosa, Port Edwards and surrounding areas in central Wisconsin. To learn more about TNT and available volunteer opportunities, please visit [www.theneighborhoodtable.org](http://www.theneighborhoodtable.org).

**About MJ's Balance Studio**

MJ's Balance Studio is located in the 8<sup>th</sup> Street Plaza Mall, 834 Huntington Avenue, Wisconsin Rapids. It is locally owned and operated by Mary Jo Brandl. Classes offered at the studio include: Zumba<sup>®</sup>, Zumba Gold<sup>®</sup> (low impact), Zumba<sup>®</sup> Toning, and Sport Yoga (beginners). For more information, call 715-459-1487 or e-mail [mjsbalancestudio@charter.net](mailto:mjsbalancestudio@charter.net).

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