

APRIL NEWSLETTER

EVENTS

Come join us and get your sweat on for an hour of exercise and fun in **Vibe hot yoga & Pilates** studio's hot room. You will experience traditional Pilates set to heat and music with instruction from a very talented staff of certified instructors. This will be an amazing and exhilarating experience all for a wonderful cause! Most importantly, all proceeds will benefit the Live For Liv Foundation.



Join us Sunday April 28th at 11:00am

Vibe | 142 Littleton Road, Westford, MA 01886 (2nd Floor)

DOMESTIC VIOLENCE AWARENESS



The **LIVE for LIV Foundation** honors the memory of Olivia Marchand who lost her life from an incident of domestic violence. She worked hard to always grow and to create positive change in her own life. We embrace that for ourselves & encourage the same for our world community.

Looking to get involved?

Visit [LiveforLiv.org/volunteer](https://www.liveforliv.org/volunteer) to get started or click **donate** to help fund our mission. Your active support and generous donations are appreciated!



DID YOU KNOW?

Every minute approximately 20 people are physically abused by an intimate partner in the United States. Instances of domestic violence are often unreported due to fear of retaliation since 75% of homicides related to intimate partner violence occur after separation.

Ride/Run 9/15 Registration Open