

CONTACT:

Mahin Sciacca

She's Got Hips Productions

480-233-0022 day or evening

mahin@shes-got-hips.com

http://shes-got-hips.com/FreshStart_Benefit.html

A HIP FUNDRAISER FOR FRESH START WOMEN'S FOUNDATION

PHOENIX, ARIZONA, 17 January, 2012 - Women and girls of all ages and sizes are invited to come out and shake it in support of [Fresh Start Women's Foundation](#). A "Fun with Bellydance" class will be held on Saturday, January 28th at [Studio 3 Performing Arts](#) in Gilbert and on Saturday, February 4th at [Encore Dance Center](#) in Central Phoenix. The class is an easy and fun introduction to the style that will appeal to Zumba enthusiasts and anyone who enjoys social dancing. No dance experience at all is needed. A suggested donation of \$5.00 goes entirely to support Fresh Start programs.

"Bellydance is one of the most accessible dance styles for women of all ages and physical conditions. It is low impact and can easily work around physical limitations and old injuries." says Mahin Sciacca, instructor and host of this event. "Many women find that it teaches them to appreciate their bodies rather than fighting their natural curves. This kind of body confidence has a real and positive impact on how they approach their lives outside the studio. That's why we're teaming up with Fresh Start for this event. Their mission is to empower women to improve their own lives."

Fresh Start Women's Foundation is a non-profit organization that provides career, financial and life planning classes, counseling and services for over 2,500 valery women every month.

For more information on this event please visit http://shes-got-hips.com/FreshStart_Benefit.html or call 480-233-0022.

About Mahin Sciacca

Mahin has been teaching and performing Middle Eastern belly dance in the Phoenix area for over 10 years. She is the author of the internationally published "*Daily Bellydance Quickies*", a national workshop instructor and free-lance writer for *Shimmy Magazine*. Mahin holds a B.S. in Exercise &

Wellness and is founder of the Arizona chapter of the Middle Eastern Culture & Dance Association.(MECDA).

FOR INTERVIEWS OR MORE INFORMATION

Mahin Sciacca, She's Got Hips Productions
mahin@shes-got-hips.com or 480-233-0022

Dara Gibson, Fresh Start Women's Foundation
dgibson@fswf.org or 602-257-9692

Regina, Encore Dance Center
info@edc03.com or 603-266-4499

Emma England, Studio 3 Performing Arts
info@studio3arts.com or 480- 545-1492