



## **Danialle Karmanos' Work It Out Launches 2009 Summer Yoga Outreach Partnerships With Schools, Youth Organizations**

### **DKWIO Prepares University Prep, Boys & Girls Club and Communities in Schools Kids to Make Healthy Choices**

DETROIT—June 29, 2009—Danialle Karmanos' Work it Out (DKWIO), a dynamic 501(c)(3) not-for-profit program dedicated to the physical, mental and spiritual wellness of children, has extended its yoga outreach to serve 75 additional children this summer. Through a nine-week summer program, DKWIO volunteers will provide professional yoga instruction and nutrition information--as well as meditation and relaxation training—to children attending University Preparatory Academy, Boys & Girls Club and Communities in Schools.

“We’re so grateful for our ability to continue partnering with the amazing and dedicated people who are committed to making a difference in the lives of the children we serve. Through our yoga-based approach, DKWIO continues to empower kids to fight childhood obesity, to reduce anxiety and to live a healthy life,” said DKWIO Founder Danialle Karmanos. “We are passionate about using yoga to battle the epidemic of childhood obesity. With an alliance of remarkable people, we will win.”

“The addition of yoga classes was just what our program needed,” said Jeanette Kwiatkowski, Director of the Boys & Girls Club of Southeastern Michigan (Fauver-Martin Club). “This summer, our theme is Be Great! Stimulate Your Mind, Body and Soul. DKWIO was a perfect fit to help incorporate healthy educational activities for the mind, body and soul.”

### **About Danialle Karmanos' Work It Out**

Founded in 2005, Danialle Karmanos' Work It Out (DKWIO) provides children—particularly at-risk children—and their families the tools, information and resources they need to make healthy choices. Through its uniquely structured approach and collaborative philosophy, DKWIO exponentially increases the power of kids and families to foster and maintain health in mind, in body and in spirit. Learn more at <http://dkwio.org>. DKWIO is a 501(c)(3) organization.

### **Press Contact**

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