

# Here & There



## Kidney health focus

Come June 30, Celebrity Fitness will launch its Fitness for Charity initiative at Wangsa Walk Mall in Wangsa Maju for the National Kidney

Foundation (NKF), a local non-profitable organisation dedicated to providing affordable dialysis treatments for all Malaysians. Proceeds from the event will be presented to the NKF at the event.

Managing director Kwangho Choi said: "We have chosen NKF as much awareness about kidney disease prevention needs to be done before kidney disease becomes the top killer in Malaysia."

The charity event will be open to members of the public, who can take part in the launch of Celebrity Fitness' three fitness programmes – the Fast Fit, Perrea and a new yoga programme called Element.

By either signing up at a Celebrity Fitness outlet or through [www.facebook.com/CelebrityFitnessMalaysia](http://www.facebook.com/CelebrityFitnessMalaysia), those participating will not only get a workout, but also rewarded with some pretty neat goody bags.

## CHARITY RUN

The Mines is organising a charity run, which will take place on Sunday, May 20. Registration is now ongoing till May 13 May 2012 via The Mines Charity Run apps on The Mines Facebook ([https://www.facebook.com/theminesshoppingmall/app\\_391130070911795](https://www.facebook.com/theminesshoppingmall/app_391130070911795)).

You can also obtain and submit the completed entry form at the information counter of The Mines at Level 3 from 10am to 10am daily or download the entry form at [www.the-mines.com.my](http://www.the-mines.com.my) and fax the completed form to 03-8949 6388 or email to [marcom.mines@capitaland.com](mailto:marcom.mines@capitaland.com).

## Fruits for parents

The Parents' Day campaign this year at all MBG outlets, themed "Fruits of Love for Pa & Ma", invites you to pen a short appreciation message for your parents.

Compete with a snapshot of you with your parents, send in your entry to [contest@mbg.com.my](mailto:contest@mbg.com.my) to run for prizes comprising cash and fruits baskets. You can also snap pictures of your family instantly at the MBG outlets to run for the weekly prizes.

MBG has also introduced a short story campaign to invite the public to share their love tales for parents. Whether you are still single, just become a parent or have been one for years, they welcome loving snapshots of your family and an inspiring and appreciative message for the most important people in our lives.

