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Kellogg Students participate in the Yoga and Pilates For Charity Event

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Kicking off the Event

On February 28th students from Northwestern University Kellogg Graduate School of Management gathered for a morning of ab crunching and elongating, while making strides to fight childhood and adult obesity at the Yoga and Pilates For Charity Event. The two hour event, organized by Sydney, Australia exchange student, Kirti Dhingra, was sponsored by Kellogg's Yoga Club and Business with a Heart Club with donations from LuluLemon, Evanston, Argo Tea Company, North Shore Yoga, and Imprint Movement Studios. \$340 was raised for non-profit Nurture, a volunteer-run organization that provides cooking, nutrition, and fitness classes to resource-limited families.

After having successfully organized a Yoga for Charity Event at UNSW, Sydney and helped the YogaAid foundation raise close to AUD \$150,000 for various charities through the Annual YogAid Challenge in Australia, Dhingra was eager to do the same during his exchange quarter at Kellogg.

Having picked up Yoga during his time in the US in 2008, Kirti was eager to implement the concept of sharing one's passion for Yoga while also helping Society. There was no better place to do so than the Kellogg School of Management and its proactive student community, including volunteers from Nurture.

Nurture, founded by Executive Director Kathryn Guylay, first started programs with families from Northfield Township Food Pantry in early 2009. They have since graduated over 100 families, providing them with recipes, equipment and hands-on instruction for cooking healthy, affordable meals. Nurture has expanded its efforts to Evanston with a Teen Mom Nutrition and Baby Food classes at Family Focus and a Family Support Program with the Infant Welfare Society of Evanston. Nurture is also conducting classes at Family Network of Highland Park to Spanish speaking families and expectant mothers. Nurture believes in educating children as well as the parents and has created a Nurture Your School division with both after-school and in-school programs at Oak Terrace Elementary School in Highwood.

Nurture Program Coordinator, Nurture Your School Committee Chair, and yogi, Elizabeth Thomas attended the event. Thomas includes yoga in her classes at Oak Terrace. "I feel it is imperative for children to learn to make healthy choices for themselves including exercising regularly and yoga teaches us to stay focused while we move and stretch." For more information about Nurture, including how you can get involved, please visit www.nurtureyourfamily.org.

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