

High Noon STRESS BUSTER

The Ultimate Day Off for Women

Greeting Community Leader/Business Owner;

My name is Crystal NeVille and I am the coordinator for a free annual community event called High Noon _ STRESS BUSTER, The Ultimate Day Off for Women. Stress contributes to the #1 Killer of Women, Heart Disease, it is a Silent Killer and research has dubbed it the 21st century Black Death (Bubonic Plague). The good news is that further research gives us an attainable solution "**Laughter**". According to the world renowned Mayo clinic, laughter releases endorphins that have been proven to be a therapeutic deterrent to the negative and dangerous effects of stress; which is more prevalent among women.

Today's women have to be a superwoman, she is usually the backbone for her family, and she is the caregiver, provider, transportation, nurse, mother and father in some instance. The increase in responsibility leaves her stressed and overwhelmed which could affect her ability to be the best she can be. Our goal is to provide women in the Birmingham metropolitan and surrounding areas with an atmosphere conducive to alleviate the negative effects of STRESS. High Noon will accomplish this by promoting an environment for women to be rejuvenated, revived and refreshed; therefore, they will be better for their families, communities and careers.

We need your help! We are expecting 200 women to join us at the Helena Community Center on November 3rd, 2012 from 10:00AM – 3:00PM. Please consider utilizing High Noon as one of your advertising components and by doing so you will help Sponsor this annual event and enable us to continue to make a difference in impacting the lives of the women in our community.

Our sponsors will be showcased and displayed as follows:

Sponsorship Levels

- **PLATINUM PACKAGE_ \$250**
Full page ad, website listing for two years, and Special Sponsor acknowledgement at the event
- **GOLD PACKAGE_ \$125.00**
½ page ad, website listing for one year, and Special Sponsor acknowledgement at the event
- **SILVER PACKAGE_ Gifting /In-kind Donations**
Minimum donation of at least \$50 will receive website listing.

There is no doubt in my mind, that being in the position you are in, you or someone you know has experienced the negative effects of stress first hand. It is for this reason I have been motivated each year to coordinate this event and what will hopefully motivate you to get involved!

I'm hopeful that you will see an opportunity to give back to your community in a great way, while showcasing your business.

Best Regards,

Crystal M. NeVille, Founder/Event Coordinator
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