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**Transformation, Inc. Teams up with Former NCSU Football Stars to Fight Cancer**

*Transformation, Inc. is donating a fitness and nutrition to the Holt Brothers' Celebrity Weekend 2008. The package will be auctioned off during a Black Tie Gala held at Sullivan's Steakhouse on Sunday, April 20 at 6 p.m.*

/24-7PressRelease/ - RALEIGH, NC, April 18, 2008 - Barry Bragg, president and CEO of Transformation, Inc., a Raleigh-based health and wellness studio, announces today that the company is donating a fitness and nutrition package to the Holt Brothers' Celebrity Weekend 2008, an event benefiting the Holt Foundation. The package will be auctioned off during a Black Tie Gala held at Sullivan's Steakhouse on Sunday, April 20 at 6 p.m.

"The Holt Brothers continue to be a positive influence on those affected by cancer," says Bragg. "I am proud of Transformation's affiliation with their foundation."

The Holt Foundation is a non profit organization that provides education and support to individuals and families battling cancer. Former North Carolina State football standouts Torry and Terrence Holt are the driving forces behind the organization.

Following the Gala, the brothers will host the seventh annual Holt Brothers' Celebrity Golf Classic on Monday, April 21 at the Brier Creek Country Club in Raleigh. The Golf Classic attracts celebrities and sports figures from throughout the nation to the Triangle. Tee time for the event is 1 p.m. For more information on the Holt Foundation or the Holt Brothers' Celebrity Weekend, visit [www.holtfoundation.com](http://www.holtfoundation.com).

**About Transformation, Inc.:**

Raleigh-based Transformation is committed to enhancing the fitness, wellness and lifestyle of the individual. With locations in Falls River Town Center and inside the Brier Creek location of Anytime Fitness, Transformation offers personal attention that cannot be found in a regular gym and programs customized for individual needs. Transformation offers lifestyle and fitness training programs, nutritional healing programs and health education classes. For more information, visit [www.transformation-nc.com](http://www.transformation-nc.com).

**About the Holt Foundation:**

The Holt Foundation was established in 1999 by St. Louis Rams wide receiver Torry Holt to honor his mother, the late Ojetta Holt-Shoffner. Cancer took her life on December 27, 1996, but her memory will live on through the many positive ventures the Holt Foundation undertakes for the benefit of cancer patients. In 2002, Torry's brother, Terrence Holt, who plays for the Carolina Panthers, joined Torry in his effort to raise funds for the foundation. For more information on The Holt Foundation or The Holt Brothers' Celebrity Golf Classic, please visit their web site at [www.holtfoundation.com](http://www.holtfoundation.com) or call (866) 394-8800 ext. 12.

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