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Raleigh's Transformation, Inc. to Participate in Bedford at Falls River Spring Fling

Members of the Transformation team will offer free consultation appointments, as well as provide on-site education at the Bedford at Falls River Spring Fling. The event will take place Saturday, April 26 from noon until 5 p.m.

/24-7PressRelease/ - RALEIGH, NC, April 25, 2008 - Barry Bragg, president and CEO of Transformation, Inc., a Raleigh-based health and wellness studio, announces today that the company will participate in the Bedford at Falls River Spring Fling this Saturday, April 26 from noon until 5 p.m. Members of the Transformation team will offer free consultation appointments, as well as provide on-site education at the event.

"The Spring Fling is a wonderful opportunity for everyone to understand our personalized solutions to health and fitness," says Bragg. "We're looking forward to meeting our neighbors and continuing to educate consumers about better nutrition and lifestyle choices."

The event will include concessions, a craft fair, children's activities and a band performing at the Bedford clock tower green. Bedford at Falls River is located in North Raleigh approximately three miles north of I-540.

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.

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