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The Little Red Dress Tea Party & Sposium Comes To Birmingham With VH1's Born to Diva and NBC's The Biggest Loser

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(PRLEAP.COM) Sisterbration hosts the Little Red Dress Tea Party & Sposium on February 11 at the Tutwiler Hotel in Birmingham.

The focus is heart health for African American women delivered with a healthy dose of education and entertainment. The Wellness Expo and Fashion Show will begin at 12:30 p.m., followed by the Tea Party & Sposium at 1:30 p.m. A variety of teas, tea sandwiches and pastries will be served during a fabulous afternoon of heart and style.

Attendees will enjoy a fantastic live performance by Tarralyn Ramsey - winner of VH1's Born To Diva, and inspiration from guest speaker Nikki Myers of NBC's The Biggest Loser. There will also be fitness demonstrations, makeovers, massages, health screenings and much more.

Runners and early risers can join Ms. Myers and other women from this event who are participating in the Mercedes Marathon earlier the same day. The marathon begins at 7:00 a.m. from Boutwell Auditorium; two relay teams, the Red Hots and Heartbeats, and three half-marathon runners will represent Sisterbration.

The attendance fee for the entire afternoon is only \$25. The suggested attire is a red dress or business attire with a splash of red. In cooperation with Alabama Department of Public Health.

this event will also be held in Dothan, Montgomery, and Tuskegee. Details about these events are available by calling (205) 595-1291. For more information or to register for this event visit www.sisterbration.com.

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