



Meet Olympic Skate Champion, Peggy Fleming at The Ridgefield Playhouse, as She Discusses the Importance of Maintaining a Healthy Lifestyle

Peggy Fleming will discuss health issues as part of the Adam Broderick Salon & Spa Series for Women and Girls and the Danbury Hospital Living Well Series at The Ridgefield Playhouse. Ms. Fleming is an Olympic athlete, having won the Gold medal in Grenoble, France (the only one for the US that year), so fitness and health are part of her daily lifestyle.

Ridgefield, CT, February 08, 2008 --(PR.com)-- Peggy Fleming to discuss health issues as part of the Adam Broderick Salon & Spa Series for Women and Girls and the Danbury Hospital Living Well Series at The Ridgefield Playhouse

Peggy Fleming is an Olympic athlete, having won the Gold medal in Grenoble, France (the only one for the US that year), so fitness and health are part of her daily lifestyle. In addition, she has spoken publicly about her bout with breast cancer and is on the President's Council for Physical Fitness, a member of the Diabetes Association, the Youth Sports for Understanding, Special Olympics, the American Medical Association and is a National Spokesperson for "Act Against Osteoporosis." She has also written a chapter in the book "Taking on Heart Disease: Famous Personalities Recall How They Triumphed over the Nation's #1 Killer and How You Can, Too." Ms. Fleming will bring all of this knowledge about maintaining a healthy lifestyle to The Ridgefield Playhouse for Movies and the Performing Arts at 7:30 p.m. on Thursday, February 21, as part of the Adam Broderick Salon & Spa Series for Women and Girls and the Danbury Hospital Living Well Series. Winter Garden Ice Arena, New Fairfield Community Foundation, Ridgefield Prevention Council, United Way of Western CT and YMCA Camp Mohawk are the underwriters.

While it was that extraordinary free-skating program—contributing to the 88.2 points lead over her closest competitor—that put Peggy Fleming's name in the spotlight, today her focus is on health issues. This is one of the reasons she and her husband own and operate Fleming Jenkins Vineyards & Winery in California. Not only has her wine been featured in many "heart health" fundraisers, but profits from many of the bottles go towards charities that support research towards breast cancer and heart disease. The winery produces close to 2,000 cases of wine a year with such brands as the \$50 per bottle Choreography Cabernet and the \$17 San Francisco Bay Syrah Rosé.

For tickets (\$35 adult; special price for students) and further information about the Danbury Hospital Living Well Series, call the box office at 203-438-5795; adult tickets may also be purchased online at www.ridgefieldplayhouse.org. The Playhouse is located at 80 East Ridge, parallel to Main Street.

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