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FOR IMMEDIATE RELEASE

SIX SUNDAYS IN SPRING SET TO KICK OFF MAY 1

WAKE FOREST, NC – April 26, 2011 – From folk rock to jazz and bluegrass to soul, there's something for all music lovers at this year's Six Sundays in Spring Concert Series. Sponsored by Wake Forest ARTS, the weekly performances get underway Sunday, May 1, with Kaptain Dixie's Spud and Suds Band and the Franklin Academy High School Jazz Ensemble.

The performance is part of Wake Forest ARTS' annual spring concert series featuring free, live, outdoor entertainment. Six Sundays in Spring offers area residents an opportunity to enjoy a variety of local and regional performers offering enriching cultural experiences.

Other artists scheduled to perform as part of this year's concert series include Dub Addis on May 8; Jeanne Jolly on May 15; Marcus Anderson on May 22; Ironing Board Sam on May 29; and Al Batten and the Bluegrass Reunion on June 5.

All concerts begin at 5 p.m. and are held at E. Carroll Joyner Park, 701 Harris Road. Please note that alcoholic beverages, firearms, and unleashed pets are prohibited.

As an added bonus to this year's Six Sundays in Spring, Wake Forest ARTS will offer preconcert wellness workshops in the performance garden beginning at 4 p.m. and ending around 4:30 p.m.

On May 1, Ashley Shade, professional fitness trainer, will lead concert goers on a short fitness and stretching program. Subsequent weeks will include yoga with Jana Davis, meditation with Fran Wellgood, and tai chi with Mary Prince. Claire Constantine will round out the month of May with authentic movement instruction and demonstrations.

In case of inclement weather, updated concert information will be available on Community Channel 10 and by calling the Wake Forest Weather Line at (919) 435-9569.

For more information about this year's Six Sundays in Spring Concert Series, visit <http://wakeforestarts.org/arts-calendar/six-sundays/>.

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For more information about the Town of Wake Forest, contact Public Information Officer Bill Crabtree at (919) 435-9421 or bcrabtree@wakeforestnc.gov.