



MEDIA RELEASE

Date: July 31, 2023

Charlee's Hero WOD Raises Awareness and Funds!

The Holmes family has done it again – hosting a fun event with special meaning. Charlee's Hero WOD (Workout of the Day) was held on May 13th. It brought the community together to raise awareness for pregnancy and infant loss, to offer support for those in need, and to provide an outlet for families to remember the little ones that have been lost too soon.

The proceeds are supporting the Winchester District Memorial Hospital's Family Birthing Unit Fund and the family recently presented a cheque for \$2,763.95.

"We hosted Charlee's Run last year and the community asked for another event to support our goal this year. After losing our daughter Charlee, we never wanted another family to feel alone. If our story could reach even one family in need then it was worth it," explains Charlee's Run organizer Mallory Holmes. "Thank you to my CrossFit Kemptville colleague Aly Johnson for kindly offering the idea and the space for this fundraiser."

"We are so grateful to individuals, families, and community groups who plan fundraising events for our local hospital," says Justine Plummer, the WDMH Foundation's Manager of Direct Mail & Events. "Thank you to the Holmes family and everyone who came to work out on May 13th!"

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Cutline: At the cheque presentation are Keenan Holmes, and Emmie Holmes in the front row and (l-r, back row) Justine Plummer, Manager of Direct Mail and Events, Mallory Holmes holding Makenzie Holmes, and Dave Holmes holding Rowan Holmes.

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