



MEDIA RELEASE

Date: March 6, 2023

Charlee's Hero WOD to Raise Awareness and Support Families

The amazing team behind Charlee's Run is at it again – and they are inviting everyone to join them. This year, a new event is being planned and all proceeds will support the Winchester District Memorial Hospital's Family Birthing Unit.

Charlee's Hero WOD (Workout of the Day) takes place on Saturday May 13th from 9 am to 3 pm at CrossFit Kemptville. Workouts will run every hour on the hour and are scalable for all fitness levels. The cost to participate is just \$20 per person. Kids under 12 can participate for free. Local vendors will be on site.

Charlee's Hero WOD aims to bring 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.

"We hosted Charlee's Run last year and the community has asked for another event to support our goal to raise awareness around pregnancy and infant loss. 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."

"Thank you to Mallory and Aly for organizing another special event in honour of Charlee," says Justine Plummer, the WDMH Foundation's Manager of Direct Mail & Events. "We are looking forward to working out!"

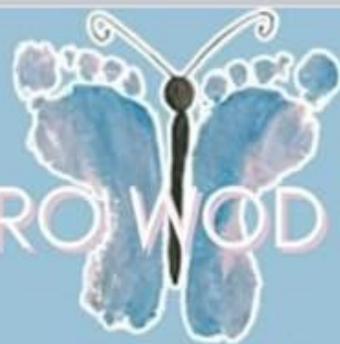
To register, email charleesrun@gmail.com with the name(s) of people who would like to join and which time slot you prefer between 9 and 3. Spaces are limited to 10 per hour so don't wait to secure your spot! For more details, visit <https://www.facebook.com/events/1218266245787263/?ref=newsfeed>.

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Charlee's HERO WOD



RAISING AWARENESS FOR PREGNANCY & INFANT LOSS



**CROSSFIT KEMPTVILLE
KEMPTVILLE, ON**

MAY 13, 2023
WORKOUTS RUN ON THE HOUR
EVENT STARTS: 9AM / ENDS: 3PM



Funds raised from the event will be used to support the Family Birthing Unit at WDMH.

Register Today By Emailing: charleesrun@gmail.com
Registration Includes: Entry & Draw Ticket



@charleesrun



@facebook.com/charleesrun

\$20
ENTRY