



## **MEDIA RELEASE**

Date: April 17, 2024

### **Get A Workout, Raise Awareness and Support Families It's a Win-Win-Win!**

Charlee's Hero WOD (Workout of the Day) is back again this year – and everyone is invited to join the fun. All proceeds will support the Winchester District Memorial Hospital's Family Birthing Unit.

The event takes place on Saturday May 25<sup>th</sup> from 8 am to 2 pm at CrossFit Kemptville (416 Rideau Street). Workouts will run every hour on the hour and all fitness levels are welcome. The cost to participate is just \$20 per person and includes a draw ticket. Kids under 12 can participate for free.

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.

"It takes a village. Thank you to the staff and people of WMDH for being there for our family, and countless others, when we needed you the most!" noted organizer Mallory Holmes after last year's event. "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."

"Thank you to Mallory and Dave 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](mailto: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!

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Contact:  
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# Charlee's HERO WOD



RAISING AWARENESS FOR PREGNANCY & INFANT LOSS



**CROSSFIT KEMPTVILLE  
KEMPTVILLE, ON**

**MAY 25, 2024  
WORKOUTS RUN ON THE HOUR  
EVENT STARTS: 8AM / ENDS: 2PM**



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

**Register Today By Emailing: [charleesrun@gmail.com](mailto:charleesrun@gmail.com)  
Registration Includes: Entry & Draw Ticket**



@charleesrun



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**\$20  
ENTRY**