

July 28, 2016

"Fit for Hope Day" in Wellington Raises \$6,000 for Place of Hope



HEW Welly coaches: David Aguirre, Alexis Hernandez, John Szarszewski (owner of HEW Wellington), Jammal Harrison, Joe Mazzola, Talia Bayhnam, Van Richardson. Photo credit: Van Richardson.

Wellington, FL – July 28, 2016 – A group of hard-core fitness fans raised \$6,000 for Place of Hope’s foster kids by squatting, lifting and jumping at the July 23 "Fit for Hope Day" with Hard Exercise Works and Chick-Fil-A in Wellington.

Half of the funds raised were through an impromptu burpee challenge HEW Wellington Owner John Szarszewski and his coaches created just two days before the event.

“Small acts, when multiplied by millions of people, can transform the world.’ I’m blown away by our #hewwelly community pulling together to raise over \$1,500 for Place of Hope foster organization in one day. We still have one more day to donate #fitforhope,” said Szarszewski before the Saturday event.

Place of Hope thanked Chick-Fil-A for providing food at a reduced price, and some of the CFA team members participated in Fit for Hope.

The event was held at Seminole Palms Park, 151 Lamstein Lane, Royal Palm Beach, FL 33411. Participants were encouraged to give a \$10 donation for Place of Hope’s efforts to raise \$10,000, which pays for the care of one child in their care for one year.

For more event details, visit <https://www.placeofhope.com/fit-for-hope/>

About Place of Hope:

Place of Hope was ranked the #1 Nonprofit for Youth Development, Shelter, and Crisis Services in the Nation by Charity Navigator and one of the “11 Top-Rated Charities That Changed The World In 2014” by The Huffington Post. It is a faith-based, state-licensed children’s organization that provides family-style foster care (emergency and long-term); family outreach and intervention; maternity care; safety for domestic minor sexually trafficked victims; transitional housing and support services; foster care recruitment and support; hope and healing opportunities for children and families who have been traumatized by abuse and neglect. For more information, visit www.placeofhope.com.