



FITNESS TOGETHER ASHLAND ★ 7th ANNUAL

THANKSGIVING

MORNING ★ CHARITY

WORKOUT



Benefiting
Project New Hope

Thursday, Nov. 22
8am & 9am Sessions

www.FTAshland.com/turkey

FT

200 BUTTERFIELD DRIVE
CALL/TEXT: 508-438-0050

Join us for the 7th Annual Thanksgiving Morning Charity Workout.

All money collected will be donated to Project New Hope for their program to provide holiday gifts to the children of veterans.

One of Project New Hope's efforts to support local veterans who are struggling financially by providing help at the holidays. This includes assistance with holiday meals, gifts for children and various other needs.

This year, we have opted to support the often overlooked teenaged children by asking each attendee to this year's Thanksgiving Morning Charity Workout to bring a \$20 gift card appropriate for a teen.

- Gift cards should be valued between \$20 and \$50
- Gift Cards can be from most any store where you think a teen would shop (Walmart, Target, Best Buy, Amazon, Apple, etc.)
- Gift cards for grocery stores are also welcome and will be distributed to families in need of assistance for their holiday meal.

Don't have time? Not sure what to buy? No worries. Feel free to donate cash and we will take care of the gift card purchase.

Want more info about Project New Hope?

Visit www.FTAshland.com/turkey to learn more.