**FOR IMMEDIATE RELEASE**

Fernwood Fitness Joins Forces with RizeUp for Heart-warming Christmas Gift Appeal

*Donate your unwrapped gifts to Fernwood [Club name] between November 1 – December 15*

**[CITY, STATE, DATE]** – Fernwood Fitness, Australia's premier women's health and fitness brand, is proud to announce the launch of their Christmas Gift Appeal in collaboration with [RizeUp Australia](https://www.rizeup.com.au/) to bring joy and hope to those affected by domestic and family violence during a season that can be tough for victim-survivors.

Domestic and family violence remains a critical issue affecting countless Australian families, particularly during the holiday season when emotional and financial pressures can escalate. Fernwood Fitness, a brand committed to empowering women and strengthening communities, is joining hands with RizeUp to make a positive impact this Christmas.

The Gift Appeal encourages community members and Fernwood members to come together and share the spirit of giving by donating unwrapped gifts for women and families who have experienced domestic and family violence. The aim is to bring some much-needed joy, comfort, and a sense of normalcy to their lives.

RizeUp, a charity recognised for its impactful work in the field of domestic and family violence support, will ensure that the donated gifts reach those who can benefit from them the most, creating a direct and meaningful impact within local communities.

**[INSERT QUOTE FROM CLUB MANAGER OR FRANCHISEE]**

The Christmas Gift Appeal will run from November 1st to December 15th. Donations can be dropped off at Fernwood Fitness **[Club name]**. To get involved and make a positive impact, Fernwood Fitness encourages the community to visit their local Fernwood club, drop off their donations, and share the love this holiday season.

For more information on the Christmas Gift Appeal and a list of approved gifts, please click [here](https://www.fernwoodfitness.com.au/why-fernwood/rizeup-partnership).

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[Fernwood Fitness](https://www.fernwoodfitness.com.au/why-fernwood/about) are the health, fitness and wellness clubs more than 77,000 women across Australia love. Every club is purpose-built with women in mind, so they feel empowered to shine in all aspects of their lives. From strength and weight training to high-intensity workouts, yoga, Pilates, meditation, nutrition coaching and more – Fernwood Fitness supports every woman to feel fitter, stronger and healthier in a supportive, diverse and welcoming environment.



# –

Fernwood [CLUB NAME]

**[STREET ADDRESS]**

**[SUBURB, STATE POSTCODE]**

fernwoodfitness.com.au

EMPOWERING

WOMEN TO SHINE