



## 1<sup>st</sup> Annual “Gifts & Gains”

### When:

11/20/16 through 12/20/16

### Goal:

The holidays can be a joyous time of year for a lot of families. However, due to circumstances out of their control, some families may struggle to find joy this season. We want to help! To help alleviate some of the holiday stress, and just life stress in general, we are going to be providing Christmas dinner (Gains) and gifts to a family in need of a little help.

### How to Help:

If you are interested in helping us with this cause, please contact Zach Stonerock by email at [StonerockFitness@yahoo.com](mailto:StonerockFitness@yahoo.com).

No donation is too small. Every cent helps! 100% of all the money raised will go to the meal and gifts for the children in the family!

Thank you and Happy Holidays!

Zach Stonerock

Owner

Stonerock Fitness, LLC