



**NEWS RELEASE**

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**CHAPEL HILL TRAINING SPONSORS 5K FUNDRAISER**

**CHAPEL HILL, N.C.** – Chapel Hill Training, a functional movement fitness center, is combining health and wellness with the season of giving by sponsoring the first annual Holly Jolly Jog on Saturday, Dec. 6, from 4 p.m. to 9 p.m.

The race will be held at Southern Village in Chapel Hill and will benefit the Fill Your Bucket List Foundation, which seeks to support adults with cancer by making a wish or dream come true. The event will include a 5K and a Dash to Santa game for kids. Holiday music, a tree lighting ceremony, an auction and food will be available after the race.

“The team here at Chapel Hill Training is honored to support a foundation like Fill Your Bucket List,” said owner and trainer Lauren Cruz. “Health is a precious thing, so we embrace any chance to help those less fortunate than us find comfort and community.”

In addition to sponsoring the event, Chapel Hill Training will offer participants a 10 percent discount on their first training session following a complementary initial fitness evaluation.

Chapel Hill Training is a personal training and group fitness service that offers premium training from the Triangle’s most qualified instructors. Each workout is carefully tailored to the

participant's needs and goals. To learn more about Chapel Hill Training and its fitness packages, visit [www.chapelhilltraining.com](http://www.chapelhilltraining.com).

Follow the "Holly Jolly Jog 2015" Facebook page for more information about the event.

To buy tickets or become a sponsor, visit [www.fillyourbucketlistfoundation.org](http://www.fillyourbucketlistfoundation.org).

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