

A CENTER FOR GRIEVING
CHILDREN, TEENS AND ADULTS

News Release

For more information, contact:

Stacey Swanson, Event Coordinator
Cornerstone of Hope
614.824.4285
stacey@cornerstoneofhope.org

Sheila Hunt Rossiter
Rossiter Marketing and PR
614.329.6557
sheila@rossitermarketing.com

FOR IMMEDIATE RELEASE

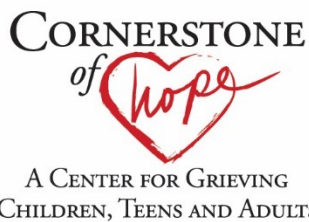
Nonprofit organization Cornerstone of Hope to host 5K fitness event to benefit support groups for grieving families of military loved ones.

Columbus (August 24, 2016) – Cornerstone of Hope, a nonprofit that serves grieving families in Central Ohio, will host the unique fitness event called “Workout of Dedication: Benefiting Families of Fallen Heroes” on Saturday, October 22, 2016. This event will be hosted by LEAP Training Center at their location, 187 W. Olentangy St, Powell, OH 43065. Registration and check-in will be at 8:00 a.m. and the event will conclude around 11a.m.

Participants in “Workout of Dedication” will compete in heats of 25 people. Heats will begin at 8:30 a.m., 9:00 a.m., 9:30 a.m. and 10:00 a.m., and consist of various distance runs complemented with stationary exercises. An awards ceremony hosted by Time Warner SportsChannel Commentator, Bruce Hooley, will follow after all the participants finish. Participants will also receive a complementary t-shirt and giveaway bag. There is also an opportunity to purchase dedication signs for military loved ones.

Registration for this event will be \$35 from August 24th – October 21st, and \$40 at the door. For additional information or to learn about individual or corporate sponsorship opportunities, please call Cornerstone of Hope’s Central Ohio office at 614.824.4285, email stacey@cornerstoneofhope.org, or visit cornerstoneofhope.org.

###



About Loss of Military Loved One Support Group

Ohio is home to the sixth largest population of veterans in the U.S. according to the Ohio Department of Veterans Services. With this growing need for services benefitting veteran's families, Cornerstone of Hope offers the Loss of Military Loved One Support Group at least twice a year. This group is open to adults who have lost a loved one who served in our Armed Forces, regardless of the relationship to the deceased or the circumstances of the death.

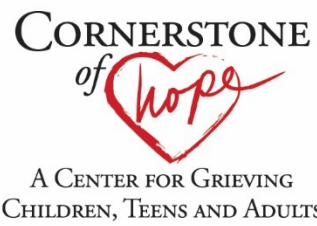
Participants find support, care and hope with resources along with contact to other survivors. It is free of cost to attend, and a light dinner is provided which gives participants time for fellowship. Group members look forward to attending each week as they are able to share their story with those who understand not only their loss but also the military lifestyle. Even after the ten weeks, many members keep in contact with one another. What starts off as support group transforms into a family and important support network for those in our community.

About Cornerstone of Hope

Cornerstone of Hope, a center for grieving children, teen and adults with offices in Cleveland and Columbus, was established as a nonprofit charitable organization in 2003 by Christi and Mark Tripodi in memory of their 3-year-old son, Bobby, who died suddenly in 2000. Cornerstone of Hope's mission is to provide support, education and hope for those who seek help after the death of a loved one. The core programs for those grieving include counseling, art therapy, support groups, bereavement camps and in-school support programs. Cornerstone of Hope also provides continuing education classes for the professional community and mobilizes on-site crisis teams in the event of tragedies. Since its founding, Cornerstone of Hope has served over 25,000 individuals, and its 10-member clinical staff has over 100 years of combined experience in grief counseling and community interventions. In 2014, the nonprofit was featured on Animal Planet's "Treehouse Masters," in which Pete Nelson and his crew built a butterfly-themed treehouse on Cornerstone's property in Cleveland for grieving children. To learn more, please visit cornerstoneofhope.org or call 614.824.4285.

About Bruce Hooley

Bruce Hooley is one of the most awarded and talented sports reporters, as well as, one of the most recognizable and credible voices on sports topics in Ohio. After starting a successful career with the The Plain Dealer in Cleveland, Bruce transitioned to television and radio in 2005. He hosted a top-rated sports show in Columbus on 97.1 The Fan until 2010. In 2014, Bruce earned his own regional sports commentary show, #Hooley, on Time Warner SportsChannel. He is the



author of two books on Ohio State athletics and also co-authored *That's Why I'm Here: The Chris and Stephanie Spielman Story*. Hooley is also the lead columnist on ESPNCleveland.com.