

NEWS RELEASE

Southwest Strength Donates Proceeds from Partner Competition Day

June 12, 2017



Shown on photo (L-R): Mayor William Holden; Sara Harmon, Owner/Coach for Southwest Strength; and Councillor Eric Forster

Last Friday, June 9, 2017, Sara Harmon, Owner/Coach for Southwest Strength, donated the amount of \$500.00 to go towards the Town of Melita's Central Park Playground Project. The donation was raised from the Partner Competition held last June 3rd at the Southwest Strength facility. Mayor Bill Holden received the donation on behalf of the Town of Melita.

The Central Park Playground Project aims to improve the existing play space by adding play structures to the area. The Town of Melita would like to thank the entire Southwest Strength community for this generous contribution.

Southwest Strength provides strength and conditioning service. They offer appropriate programs for all levels, from the beginner starting their fitness journey to the experienced athlete looking to increase their performance in their specific sport. Sara Harmon and Nathan Corrigan are the owners/coaches. Their mission is to create a positive & healthy fitness community.