



Contact: Erin Daley Stelmach
Phone: (508) 791-1213 x 1154
Email: media@veteransinc.org
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For Immediate Release:

Veterans Inc. Run4Veterans Couch to 5k Fitness Program to Be Held in Worcester
Sunday morning fitness class aims to improve health and wellness of participants in upcoming 5k

Worcester, MA –Veterans Inc. will host a weekly fitness class at their 69 Grove St. headquarters starting Sunday September 17 at 8 am through Sunday October 29th. The class is free for all sign up to participate in the non profit's annual 5k and will be led by Nicole Shattuck Powers, owner of Committed Fitness of Worcester. Sessions are approximately one hour and Nicole will address various training issues and help attendees to get ready for a 5k and improve their general fitness wellbeing while having fun.

For information on the Couch to 5k Fitness Training or Run4Veterans 5k Race: www.veteransinc.org/events/run4veterans/

About Veterans Inc. Run4Veterans 5k

Run4Veterans 5k Road Race and Walk will take place on Saturday, Nov. 4th at Veterans Inc. 69 Grove St. in Worcester, MA. Each year, hundreds of runners and walkers take part in the annual event, to support the programs and services offered to our veterans and their family members.

This year's event will be emceed by WCVB's reporter Katie Thompson. The race begins at 9 am, following a Salute to Veterans welcoming ceremony at 8:40 am. Same-day registration will be open from 7:30 to 8:30 am.

All proceeds from the event will benefit Veterans Inc.

Major Sponsors: TJX Companies, Inc.
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About Veterans Inc.

Veterans Inc. is New England's leading provider of support services to veterans and their families. A 501(c)3 non-profit, the organization's single-minded mission is to be there for our veterans in their time of need. Incorporated in 1990, Veterans Inc. has helped more than 65,000 veterans in need and today operates offices and programs in all six New England states. Our services include housing, employment & training, counseling, alcohol and drug treatment center, family support programs, benefits counseling and advocacy, temporary financial assistance, health and wellness, food services, post-9/11 support and women & childcare services. They were there when we needed them...We must be there now that they need us.