



News – 7th June 2010.

Pensioner takes up the Challenge!

Gym for Heroes is the National Gym Challenge taking part in gyms and military facilities across the UK in aid of Help for Heroes between the 24th & 30th July.

Carol Birch of Pershore has very good reasons to take part and help raise £1m for Help for Heroes.

Carol is 60 this year and is a former soldier. She spent 3 years in the Womens' Royal Army Corps before she married and had children. She is a member of a Royal Signals Reunion Club and also the WRAC Association.

She recently moved into Housing 21 sheltered accommodation - which Help for Heroes is their national charity for this year.

Carol says that she sees Gym for Heroes as a personal challenge. And clearly the cause is also very close to her heart.

For full information about Gym for Heroes, please visit the website at www.gymforheroes.co.uk

<http://www.bmycharity.com/v2/gymforheroes>
enquiries@gymforheroes.co.uk
<http://www.gymforheroes.co.uk>
<http://www.twitter.com/gymforheroes>
<http://www.justgiving.com/Gym-for-Heroes-2010>

