



**TRIBE
CROSSFIT**

Est. 2019

31 St. John St. Goshen, NY

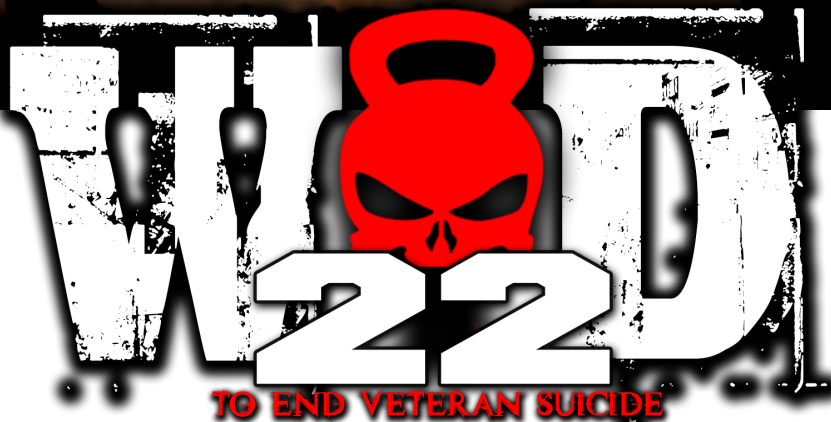
(845) 378-0045

hvtribecrossfit.com

FEBRUARY COMMUNITY GIVE BACK WOD

Our February Give Back Event is
benefiting the Veteran
Service Animal Assistance
Program and Honor &
Courage Programs through
Operation Ward 57

February 22, 2020
10am



*Curious about CrossFit?
FREE CrossFit workout with a monetary donation.
Open to everyone, no experience needed.*

Suggested donation of 22\$ or 35\$ to Receive 22 WOD T-Shirt.

Approximately 22 Veterans a day die by suicide. In order to promote awareness and show our Nation's Heroes from all eras they are not alone please join us in the 22 WOD Crossfit Event to End Veteran Suicide.

You may register at the gym or online at <http://www.official22wod.com/register/>
To receive your shirt before the event please register in person by 1/20 or online by 1/24.
Registrations after these dates WILL receive their shirts but not until after the event.