

WINNPEG CHALLENGED FOR THE NAT'L 22 PUSH-UP CHALLENGE – JULY 22nd, 2017



**“BENEFACTOR FOR FUNDS RAISED GOING TO CVETS PETS
FOR VETERANS, FIRST RESPONDERS & THEIR FAMILIES ”**

International Recording Artist and Singer/Songwriter JESSIE TYLRE WILLIAMS will be back in Winnipeg for her **22 push-up challenge** being held at **Memorial Park (adjacent to The Legislative Bldg on Broadway) 450 Broadway Ave.** The idea of the push-up challenge is to get the conversations going about PTSD and to eliminate the stigma attached to it. Williams’ goal is to help as many people as she can with her message “Healing the World - One Song at a Time!© “We are hoping to reduce the suicide rate and to let Veterans, First Responders and their families know that they are not alone.” says Williams.

The benefactor for the funds raised in Winnipeg will go to CVETS Pets. They are a 100% volunteer run, not-for-profit organization founded by former Winnipeg Blue Bomber Longsnapper Chris Cvetkovic. The Cvet’s Pets Helping Vets program provides support to military veterans and Canadian first responders diagnosed with post-traumatic stress disorder (PTSD). Their main focus is to provide kits to Veterans & First Responders who own a service dog. These kits include everything you need to own a dog and are provided free of charge.

With special guest speaker Chris Cvetkovic, performing the National Anthem, an acoustic performance by Jessie Tylre Williams, a performance by The Winnipeg Youth Choir and activities for the whole family and of course the 22 push-up challenge it will be a day where we can all congregate to abolish the stigma associated with PTSD and mental illness.

The event starts at 10:00am with opening ceremonies starting at 11:00am and the push-up challenge starting at NOON sharp!

For any inquiries please call **(403) 928-3238** or email [**jessie@jessie-williams.com**](mailto:jessie@jessie-williams.com)

For further information regarding the National 22 Push-Up Challenge or how you can support this event please visit us at [**www.Jess4PTSD.com**](http://www.Jess4PTSD.com)