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Ehryn - One of our talent students

Who We Are

April 2019

Discover Fitness Foundation (DFF) is a nonprofit corporation that centers in awarding athletic scholarships to children with special needs, fighting obesity, and talented athletes with financial struggles.
“Ehryn has a natural talent for gymnastics that is like none other. All my friends and family would see her flipping off any and everything with no fear whatsoever and continued to tell me to put her in gymnastics. I always heard how costly it was and just knew I couldn’t afford it at the time. One day I allowed her to do a trial class just to see how she liked it and she did so well. I then called back to see how much it would cost for the beginner class and the price for like twice a week was very reasonable as an extracurricular activity. It seemed as if each month I was speaking with a coach as to how they wanted her to move up as she has met the requirements for the class she was currently in. Ehryn started off the summer in a beginner’s class, moved to a developmental class, and was then asked to move to competitive gym starting at level one all within a few months. Ehryn never competed level one because she was then asked to start level 2. She first began competing at level 2 and she is now a level 4 gymnast after only almost 2 years of being in gymnastics. As Ehryn excelled in gymnastics so did the price. We applied for the discover fitness scholarship and it has allowed Ehryn to continue her dream and do what she loves to do more than anything in the world which is gymnastics.” - Ehryn’s Mother
A note from Ehryn:
Thank you for helping my mommy keep me in gymnastics so that I can do what I love! Gymnastics is fun and I like flipping all day and all over my mommies furniture. Even though I'm in gymnastics all week I still flip everywhere I go and I'm really good at it.

Read more testimonials Here

Celebrating 4 years with the Next Step Academy!
The Next Step Academy specializes in working with individuals who have Autism (ASD) and other developmental delays through therapeutic education. The gymnastics classes funded through the Charity Guild of Catholic Women provide the students access to a differentiated approach, allowing them to meet each child's individual needs in a unique and effective manner. We are happy to be able to continue to support the Next Step Academy and their incredible students!
Benefiting Houston's Children in Need

DFF Board Chairman Erin Murphy Goodman and Charity Guild Board President Joanne Creasey

Charity Guild of Catholic Women, Houston, awarded nearly $600,000 in grants to support children's services charity organizations, Monday, February 4, 2019 at the Charity Guild Shop. This organization of over 550 women has a mission rooted in performing works of mercy. A passion for helping children and sharing the Catholic faith cement the Guild's dedication to this mission. Thank you for continuing to support the DFF and it's mission to

Change Children's Lives!
Make Discover Fitness Foundation your reason to race! You can join Team DFF for any race you choose. Below are a few upcoming races:

4/14/19 Vintage Park, Half Marathon, 5K, 1K
4/20/19 No Label Triathlon
5/18/19 Houston Sprint Racing Triathlon
6/2/19 Clear Lake 1K, 5K, 10K
6/9/19 Sylvan Beach Triathlon Duathlon
7/27-28/19 Cypress Triathlon Weekend
If you are interested in joining Team DFF contact Shannon

How you can get involved and help us grow:

- **Donate**
- Follow Us on [Facebook](#), [Twitter](#), and [Instagram](#)
- [Participate in R2R](#)
- [Sign-up for the DFF’s E-Newsletter](#)
- [Click here](#) ask about volunteer opportunities
- Shop at [AmazonSmile](#) and support us!

To get involved click the links above or contact Shannon Harlan at 713-680-0045 or [Shannon@DiscoverFitnessFoundation.org](mailto:Shannon@DiscoverFitnessFoundation.org)
AmazonSmile is a simple and automatic way for you to support the Discover Fitness Foundation every time you shop, at no cost to you.

- Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Discover Fitness Foundation whenever you shop on AmazonSmile.

- AmazonSmile is the same Amazon you know. Same products, same prices, same service. You can use your existing Amazon.com account.

- To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. Or click here: http://smile.amazon.com/ch/27-2883558

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