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Monarch School

Who We Are

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.
Thank you so much for the wonderful program. Our students look forward to coming and participating! Having opportunities like the ones provided by Discover Fitness are invaluable to our population. They have a chance to practice so many life-long skills like planning the event, with transportation, safe bodies in a vehicle, working as a team, listening and responding to different adults, and having a different environment to learn in. And so much more! We cannot thank enough all the Star coaches, the Discover Fitness Foundation, and the generous sponsors who make this possible for their time, energy, and resources. The joy, happiness and fun is a priceless gift and we are so grateful.

The Monarch School and Institute

Read more testimonials [Here](#)
A special thank you to Svetlana Boguinskaia, a 3 time Olympic Gold Medalist, for presenting the trophies. Svetlana also serves on the DFF Board of Directors.
Grant Awarded!
Autism Speaks awarded the DFF with a $3,000 grant to support Avondale House funding! Thank you Autism Speaks for your support!

Pedro Abasolo Fashion Show!

A special thank you to Pedro Abasolo at Ovations Hair Studio and Spa for your generous donation to the DFF and choosing the DFF as the Charity of 2019!!
We save our customers 20% to 50% on the monthly charges from their electric bill.

Conserve Energy was established to compare thousands of electric plans for our customers. By using our Active Plan Manager, we do thousands of calculations to make the right choice for you, our customer. Imagine saving up to 20% - 50% on your electric bill!

- We analyze thousands of electricity plans.
- We find the best plan for you for maximum savings.
- We manage your plan & SAVE YOU MONEY - Every Month!

*For every customer that signs-up, the DFF will receive a donation when you mention the DFF on your application!
Discover Fitness Foundation has been accepted into it's Community Rewards Program. Register your Kroger Rewards Card and attach our number BN290 to your card. It's easy to connect:

- Simply register your Kroger Plus Card online at Kroger.com/communityrewards, by clicking on Enroll.
- Then by using our name and/or NPO number, you can link your Kroger Plus Card to the DFF.

Once you link your card to the DFF, all you have to do is shop at Kroger and swipe your Plus Card! The more people that connect our number to their card, the more money the DFF will receive, so share with all your friends and family!
Make Discover Fitness Foundation your reason to race! You can join Team DFF for any race you choose. Below are a few upcoming races:

6/9/19 Sylvan Beach Triathlon Duathlon

7/27-28/19 Cypress Triathlon Weekend

9/22/19 U of H Campus 1K, 5K, 10K

10/6/19 Oktoberfest Triathlon

Click Here to see more event options

If you are interested in joining Team DFF contact: Shannon

Volunteer Opportunities

WE NEED YOU! TO MAKE IT HAPPEN
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 to ask about volunteer opportunities
- Shop at AmazonSmile and support us!
- Sign-up for the Kroger Community Rewards Program

To get involved click the links above or contact Shannon Harlan at 713-680-0045 or 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.
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