

# SPINNING GENEROSITY

A seven-day charity indoor cycling event to raise money and awareness for  
7 local charities in 7 days.

Monday, December 10th - Sunday, December 16th

Sign up NOW thru [Liz@LizFit.net](mailto:Liz@LizFit.net)

For one or more 50 minute spin classes.  
Spinnaker Point Recreation Center in Portsmouth, NH.



**MONDAY: DECEMBER 10TH 6:00 PM - DOVER CHILDREN'S HOME- DOVER**  
Dover Children's Home is dedicated to enriching the lives of adolescents and strengthening their family relationships through the highest quality residential treatment services and educational programs.



**TUESDAY: DECEMBER 11TH 7:10 AM - COMMUNITY TOOLBOX - PORTSMOUTH**  
We work with local homeowners in need to provide small repairs focused on safety, health and accessibility. Everyone deserves to live in a safe and healthy home.



**WEDNESDAY: DECEMBER 12TH 12 PM - GIRLS ON THE RUN - PORTSMOUTH**  
Girls on the Run is a 501(c)3 nonprofit organization dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.



**THURSDAY: DECEMBER 13TH 6:00 PM- END 68 HOURS OF HUNGER - PORTSMOUTH**  
End 68 hours of hunger is a private, not-for-profit, effort to confront the approximately 68 hours of hunger that some school children experience between the free lunch they receive in school on Friday afternoon and the free breakfast they receive in school on Monday morning.



**FRIDAY: DECEMBER 14TH 9:00 AM - WOMENAID OF GREATER PORTSMOUTH**  
To provide immediate, confidential, short-term financial assistance which may not be available elsewhere to individuals and families.



**SATURDAY: DECEMBER 15TH 7:45 AM - FAMILIES FIRST- PORTSMOUTH**  
Families First Health & Support Center is the community health center and family resource center serving the Seacoast region of New Hampshire and Southern Maine, with affordable primary healthcare for all ages, parenting and family programs, prenatal care, dental care, and mobile healthcare for the homeless.



**SUNDAY: DECEMBER 16TH 9:00 AM - HAVEN - PORTSMOUTH**  
To prevent sexual assault, domestic violence and stalking and to support and empower women, men, youth and families to heal from abuse and rebuild their lives.

Learn more: [LizFit.net](http://LizFit.net) or LizFit on Facebook!

