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DAY OF CARIN PROVIDES OVER \$40,000 VALUE TO FREDERICKSBURG AREA

FREDERICKSBURG, Va. (Sept. 18, 2013) – On Friday September 27th, Rappahannock United Way (RUW) will kick off its 20th annual Days of Caring in Fredericksburg. Over 350 volunteers from 25 local companies will complete projects for 31 nonprofit organizations for a value of over \$40,000.

The average volunteer hour in Virginia is worth \$22, which equals roughly \$115 per volunteer. Many organizations in the area cannot afford the services provided them during Days of Caring without the support of RUW and its volunteers.

Volunteer projects for this year's Days of Caring include: Thank-a-Thons, yard work, clearing riding paths, necessary organization, painting and minor construction.

RUW will also hold Days of Caring events in Caroline and King George counties on October 1, 2013 and October 4, 2013 respectively.

Founded in 1939, Rappahannock United Way is a local nonprofit organization serving the city of Fredericksburg, and the counties of Caroline, King George, Spotsylvania and Stafford. Rappahannock United Way is working to advance the common good by focusing on education, income and health. These are the building blocks for a good life—a quality education that leads to a stable job, enough income to support a family through retirement, and good health. Our goal is to create long-lasting changes that prevent problems from happening in the first place.

We invite our community to be part of the change. Together, United, we can inspire hope and build long lasting change. That's what it means to LIVE UNITED.

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