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**FOR IMMEDIATE RELEASE**

### **RAPPAHANNOCK UNITED WAY DAY OF ACTION IS PART OF THE SOLUTION**

September 19, 2016 – Fredericksburg, VA – For people like Cynthia Miller, Rappahannock United Way’s Day of Action set for Friday, September 23, 2016 is a great opportunity to meet other organizations and work together to *Be Part of the Solution* in our community when it comes to advancing Education, Income and Health.

“Working with Rappahannock United Way is awesome,” said Miller, who runs the ReStore at Greater Fredericksburg Habitat for Humanity. ReStore is looking forward to constructing new shelving with volunteer help from employees of Stafford County Government during Day of Action. “It’s a great opportunity for us to interact and have a good time building. We need those extra hands.”

On Friday, September 23, Rappahannock United Way will kick off its 23<sup>rd</sup> annual Day of Action with over 500 volunteers from 26 local companies. In just one day, they will complete 45 different projects for 28 nonprofit agencies throughout our community.

“Everybody feels good about giving something back,” said Amy Prewitt, who’s helping organize the volunteer team at Synergy Periodontics & Implants as they prepare to paint a mural in a Stafford Junction classroom to enhance their learning environment. “It’s gonna be a good team builder for our staff!”

Local media is invited to join us to witness this volunteer movement on Friday, September 23.

Employees from companies such as GEICO, DLR Contracting, Inc., Quarles and Lockheed Martin will gather at Rappahannock United Way at 8:15 a.m. on September 23 for a kickoff rally, hosted in part by 93.3 WFLS. At 9:15 a.m., teams will head to local nonprofits such as Stafford Junction, YMCA and Fredericksburg Area Food Bank to roll up their sleeves and get busy. Painting, organizing, cleaning, weeding, planting, mulching and building will keep most teams busy until 1 p.m. Some projects end at 4 p.m.

This event is made possible, thanks to Rappahannock United Way sponsors: GEICO, Mary Washington Healthcare, Patricio Enterprises, The Free Lance-Star, fredericksburg.com, BB&T, RACSB, Atlantic Builders, Wawa, The Media Partners, Booz Allen Hamilton, NSWC Federal Credit Union, Spotsylvania Regional Medical Center, Union Bank & Trust, Virginia Partners Bank, Wells Fargo, Dominion Virginia Power, Hilldrup, Lockheed Martin, Synergy Periodontics & Implants.

Would YOU like to get more involved in our community? Rappahannock United Way would love to have you GIVE, ADVOCATE or VOLUNTEER. Together we are all Part of the Solution! Find out more at [www.RappahannockUnitedWay.org](http://www.RappahannockUnitedWay.org).

### **About Rappahannock United Way**

Founded in 1939, Rappahannock United Way is a local nonprofit organization serving Fredericksburg, Caroline, King George, Spotsylvania and Stafford. Rappahannock United Way's mission is to improve lives by mobilizing the caring power of our community. Rappahannock United Way's goal is to have more households emerge from poverty and achieve greater financial stability by focusing on the three building blocks for a better life: Education, Income and Health. We invite our community to be part of the change. Together we can inspire hope and build long lasting change. That's what it means to LIVE UNITED.

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