

Every 40 seconds, someone loses their life to suicide.

It's time to raise awareness and recognize our role to help prevent it.



Ask.



Listen.



Encourage them
to seek help.

SAVE THE DATE FRIDAY OCTOBER 4TH @5:30PM

Recovery Move is hosting a charity workout in loving memory
of Caitlin Elizabeth Coyne
and all those who have lost their lives to suicide

We will have an adult wod followed by a children's wod for fun prizes!

All proceeds will go towards a charity chosen by the Coyne family and
the Recovery Move Program.



Scan to donate

www.preventsuicide.org
recoverymove.org



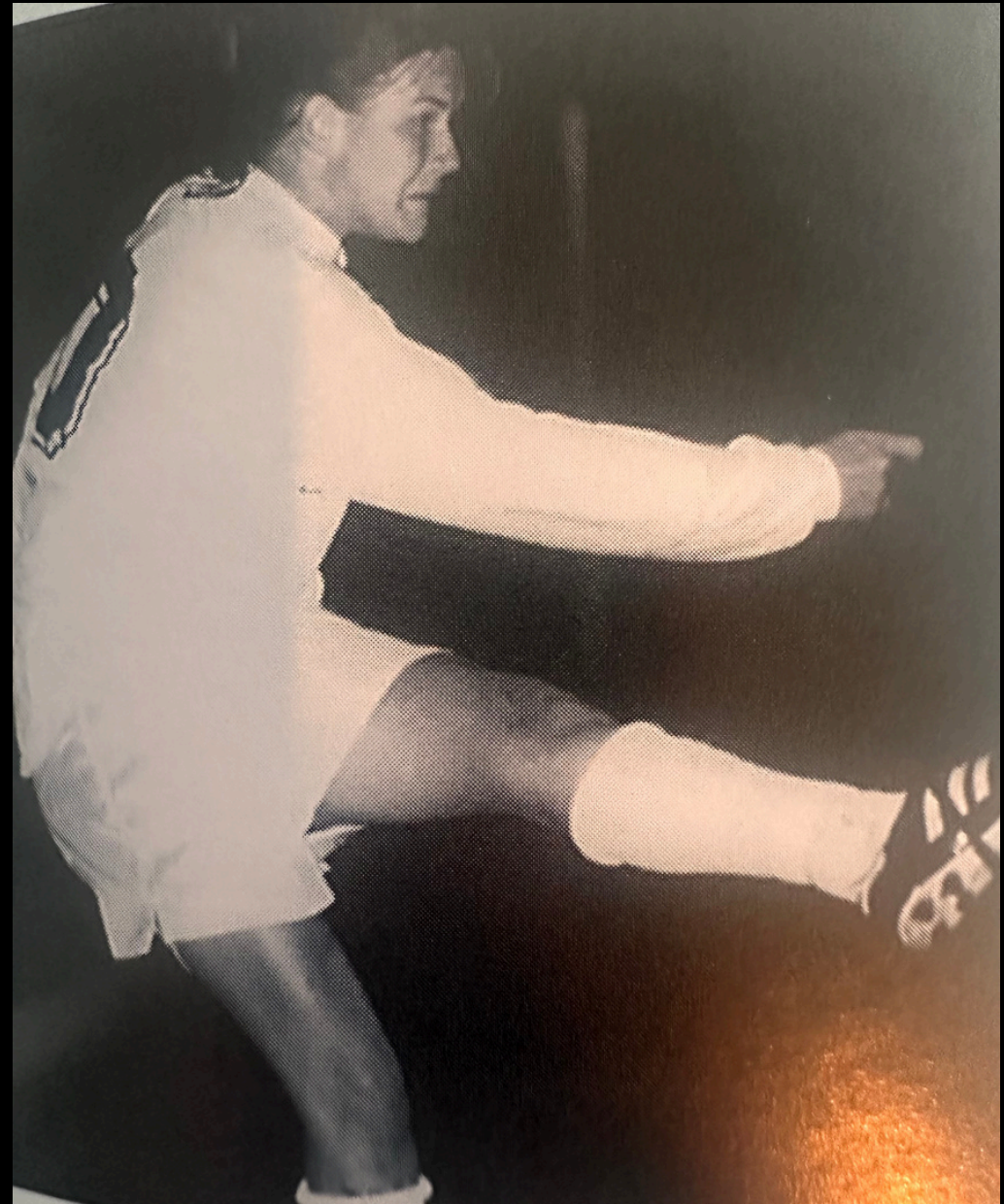
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For Time

- 41 Goblet Squats | Air Squats
- 10 Burpees
- 41 Abmat Sit ups | V-ups
- 10 Burpees
- 41 Wt. Lunges | Lunges
- 10 Burpees
- 41 KB Swings
- 10 Burpees
- 41 Push Ups
- 10 Burpees
- 41 Pull Ups | Ring Rows
- 10 Burpees
- 41 Wall Balls | DB Push Press
- 10 Burpees
- 41 Box Jumps | Step Ups
- 10 Burpees
- 41 TTB | K2C
- 10 Burpees
- 41 DU | 82 Singles
- 10 Burpees

CAITLIN COYNE MEMORIAL WOD



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recoverymove.org

