

MEDIA RELEASE

Date: October 26, 2021

Ready, Set, Grow! **Join us for the Dare to Flash a 'Stache Celebrations** **on October 30th and November 13th at Stone Crop Acres**

It's almost November and that means Dare to Flash a 'Stache time! Beginning November 1st, participants will grow mustaches or beards until the end of the month while raising funds and having some fun. To register yourself or your team and start fundraising, visit <http://bit.ly/DTFAS2021>.

To help get everyone in the growing mood, join us for one of two concerts at Stone Crop Acres Winery & Vineyard set for October 30th and November 13th. There will be live entertainment with refreshments and food available for purchase. Visit www.harmonyconcerts.ca to get your tickets!

If you can't make it, stop by your local Foodland to make a donation and show your support.

The Black Walnut Prostate Cancer Support Group, supported by the Prostate Cancer Network Ottawa, is proud to be leading this important local fundraiser again this year. Everyone is encouraged to sign up a team and challenge others – family, neighbours, colleagues, similar businesses, or service clubs. Let's get competitive!

Proceeds will be shared equally between the WDMH Foundation and The Ottawa Hospital Foundation. The WDMH Foundation will use funds raised to support the Cancer Care Coach Program, helping individuals diagnosed with or affected by cancer, as they navigate their cancer journey.

Prostate cancer affects 1 in 9 men. It is the leading form of cancer in Canadian men. When diagnosed early, there is a 93% survival rate. The Black Walnut Group provides support and fellowship to those who have been touched by prostate cancer in eastern Ontario. For details, visit <https://www.facebook.com/Black-Walnut-Group-297993444228903>.

For more details, visit www.daretoflashastache.ca or call 613-774-3431 or 613-774-3565.

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Dare to Flash A 'Stache

**Grow
or show
a moustache to
raise awareness
about prostate cancer
in November**

**\$10 to
register**

Register online or learn more at:

daretoflashastache.ca

ALL FUNDS STAY LOCAL

TO SUPPORT CANCER RELATED PROGRAMS

50% to WDMH Foundation to support the Cancer Care Navigator Program

50% to Ottawa Hospital Foundation to support Prostate Cancer Research.

Every dollar donated to The Ottawa Hospital Foundation will be matched by \$10 more!

FOODLAND SUPPORT

Donations accepted at Osgoode, Greely, Russell,
Ingleside and Iroquois.

Thank you Foodland for your support!

WIND-UP CELEBRATION - FOODLAND, WINCHESTER

Recognize the top individual & group fund raisers

Sat. Dec. 4th 10:00 AM

Music, prizes, food and refreshments.

October 30 & November 13 @ 7pm

*To celebrate this fundraiser, please join us at these two concerts for live
entertainment, with refreshments and food available for purchase at
Stone Crop Acres Winery & Vineyard, 5242 Smiths Road, Morrisburg.*

Buy your concert tickets now at HARMONYCONCERTS.CA

A campaign information table will be at the concert where donations can be accepted.

Thank you Stone Crop Acres for your support!

For further information contact **613-774-3431** or **613-774-3565**

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