



**FOR IMMEDIATE RELEASE**

**Contact:** Emily Gallagher, MANNA

[EGallagher@MANNAPA.org](mailto:EGallagher@MANNAPA.org)

(215) 496-2662 x127

**Press Inquiries:** Colleen Stewart

[Colleen@phillyprgirl.com](mailto:Colleen@phillyprgirl.com)

(267) 930-8733

**#Run4UrLife 3K is Back to Benefit MANNA**

**Philadelphia, PA (October 2016)** – The third-annual #Run4UrLife 3K Fun Run and Fall Festival is set to take place at **West Laurel Hill Cemetery** (215 Belmont Avenue, Bala Cynwyd, PA) on Saturday, October 22 at 4 p.m. All proceeds from this event will benefit **MANNA**, which prepares and delivers meals, free of charge, to individuals battling life-threatening illnesses in the Greater Philadelphia area.

#Run4UrLife takes place among the beautiful and historic grounds of West Laurel Hill Cemetery. Guests are encouraged to come in costumes with friends and family. Registration is \$35 and includes a #Run4UrLife t-shirt and admission to the festival. Runners can sign up and register online [here](#), or on-site run registration is also available. Children ages 12 and under are admitted for free.

The Fall Festival activities begin at 4 p.m. It will feature delicious foods by Bourbon Blue and Saxbys, hard cider provided by 1911 Spirits and beer samplings provided by Victory Brewing Company, fun games, pumpkin decorating, music by BEN-FM Party Patrol, and more fall festivities. Whole Foods Markets will provide giveaways to guests! Entry to the festival is included in the registration.

At 6:30 p.m., runners will lace up their running shoes for a mysterious 3k walk/run where spooky surprises await! Master of Scaremonies, Marilyn Russell will help to send runners off into the rolling hills of the cemetery.

Sponsors of the event include **Rothman Institute Orthopedics** (Grave Digger Sponsor), and **The Jack Barry Group** (Mausoleum Madness Sponsor). Partners include: Philly PR Girl, 95.7 Ben FM, Tag Strategies, and MAC Cosmetics. Founders of the event include: Unite Fitness, ChatterBlast Media, Gabello Studios, and Tag Strategies.

For more information about #Run4UrLife, contact Emily Gallagher at [EGallagher@MANNAPA.org](mailto:EGallagher@MANNAPA.org). Check out *the event's* [Facebook page](#) and [YouTube video](#).

**ABOUT MANNA**

MANNA prepares and delivers delicious nourishing meals and counsel, empowering individuals to battle illness and improve their quality of life. A small professional staff and 2,500 dedicated volunteers bring more than 80,000 nutritious, home-delivered meals each month to individuals

and families living with HIV/AIDS, cancer and other life-threatening illnesses. MANNA dietitians promote wellness through nutrition education and counseling. Through these services, MANNA provides opportunities for caring people to extend loving support to families, friends, and neighbors.

[Facebook](#), [Twitter](#), [Instagram](#)

## **ABOUT WEST LAUREL HILL CEMETERY**

Just beyond the city limits of Philadelphia sits West Laurel Hill Cemetery, made up of 187 beautiful acres of tranquility and home to thousands of local Philadelphians. Incorporated in 1869, West Laurel Hill Cemetery is a non-profit and non-denominational cemetery. It is also an arboretum, an outdoor sculpture garden, and a historical and cultural text that tells the stories of 19th, 20th and 21st century Philadelphia and the people who lived there.

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