

HALIFAX CHALLENGED FOR THE NAT'L 22 PUSH-UP CHALLENGE – JULY 2, 2017



“BENEFACTOR FOR FUNDS RAISED GOING TO THE SOCIETY OF ATLANTIC HEROES AND THE UN/NATO GROUP OF NOVA SCOTIA FOR VETERANS, FIRST RESPONDERS & THEIR FAMILIES ”

International Recording Artist and Singer/Songwriter **JESSIE TYLRE WILLIAMS** will be back in Nova Scotia for her **22 push-up challenge** being held at **The Armouries 2667 North Park St, Halifax, NS B3K 1C6**. The idea of the push-up challenge is to get the conversations going about PTSD and to eliminate the stigma attached to it. Williams’ goal is to help as many people as she can with her message “Healing the World - One Song at a Time!© “We are hoping to reduce the suicide rate and to let Veterans, First Responders and their families know that they are not alone.” Says Williams.

The benefactor for the funds raised in Halifax will go to The Society of Atlantic Heroes, an organization that is a regional non-profit organization that provides veterans of the Canadian Armed Forces, RCMP and community first responders with a safe haven to deal with serious personal challenges that result from Post Traumatic Stress Disorders or Occupational Stress Injuries. A portion of the proceeds will also be donated to The UN/NATO group of Nova Scotia.

With special guest Josh Cochrane performing the National Anthem, the Cadet Tri Service Band, an acoustic performance by Jessie Tylre Williams, a BBQ, activities for the whole family and of course the 22 push-up challenge it will be a day where we can all congregate to abolish the stigma associated with PTSD and mental illness.

The event starts at 10:00am with opening ceremonies starting at 11:00am and the push-up challenge starting at NOON sharp!

For any media inquiries please call **(403) 928-3238** or email jessie@jessie-williams.com

For further information regarding the National 22 Push-Up Challenge or how you can support this event please visit us at www.Jess4PTSD.com