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*High-resolution photo available.*



Left to right: Hearthstone staff Emily Groll and Norris Woods, Jr.; Hearthstone owners Dave and Martha Tuthill; and Neighborhood Service Center Executive Director Marilyn Neal

### **Hearthstone Health and Fitness Donates Fresh Food to the Neighborhood Service Center**

*Donation of 1,000 pounds of produce and 15 turkeys becomes annual tradition*

**Easton, MD – December 18, 2012** – Dave and Martha Tuthill, owners of Hearthstone Health and Fitness in Easton, repeated their donation made last year of more than 1,000 pounds of fresh produce and 250 pounds of turkeys today at the Neighborhood Service Center (NSC) in Easton. The NSC provides a wide range of services and assistance to low-income individuals, senior citizens and families of Talbot County.

Last year, the Hearthstone owners gave this significant donation to the NSC six months prior to opening their fitness and wellness facility to extend early support in the community for something they strongly believed in – proper nutrition. A year later, Hearthstone has been open for six months and in addition to being able to help many individuals in Talbot County reach their wellness goals, they are as committed as ever to supporting and giving proper nutrition to those in need by partnering again with NSC.

NSC Executive Director Marilyn Neal comments, “We are fortunate to be partnering with Hearthstone Health and Fitness again this year. This donation will assist with helping more than 400 families in our community this holiday season. Our services are in high demand during this time of year, especially our food pantry.”

In addition to 15 turkeys, the Hearthstone Health and Fitness donation includes more than 1,000 pounds of fresh sweet potatoes, apples, oranges, carrots, cucumbers, zucchini and a variety of squash.

“We are proud to make our partnership with the Neighborhood Service Center an annual tradition,” comments Dave Tuthill, president and CEO of Hearthstone Health and Fitness. “They do amazing work and we wanted to supplement their food pantry to provide fresh, healthy and nutritious meals to members of our community in need this holiday season.”

#### **About Hearthstone Health and Fitness**

Hearthstone Health and Fitness, Inc. (“Hearthstone”) is a cutting-edge health and fitness center in Easton, MD employing “lifestyle” concepts to improve health, reach new performance heights and slow the aging process for its members. Hearthstone’s credentialed staff will work with members to help them achieve their health goals. The facility provides state-of-the-art equipment and the latest in technology to help members see how their body responds, from the inside out, to focused exercise and a regimen of healthy eating. Hearthstone caters to everyone from the elite athlete looking to improve his or her performance to an individual just beginning his or her fitness journey. To learn more about Hearthstone, please visit

<http://www.hearthstonehealthandfitness.com> or contact Dave Tuthill, president and CEO at [Dave@HearthstoneHealthandFitness.com](mailto:Dave@HearthstoneHealthandFitness.com) or 410.690.3838.

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