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High-resolution photo available.



Dave Tuthill (right), President of Hearthstone Health and Fitness, presents check to Pickering Creek Center Director, Mark Scallion (left)

Hearthstone Health and Fitness Donates New Member Joining Fees to Pickering Creek Audubon Center *Local Health & Wellness Center Supports Youth Challenge Course*

Easton, Maryland – August 29, 2012 – Hearthstone Health and Fitness recently donated \$2,250 to the Pickering Creek Audubon Center in Easton. One hundred percent of the fitness center's July new member joining fees were given in support of the center's outdoor Challenge Course and other youth programs.

"It has always been my desire to select worthy local organizations to periodically benefit from our membership drives. Pickering Creek was a logical choice since its mission dovetails nicely with what Hearthstone is doing," commented Hearthstone President, Dave Tuthill. "Their youth Challenge Course helps prepare young people for both the physical and mental demands of adult life. Their emphasis on holistic education and practices will help these young people become vibrant and productive adults. It is a pleasure to be helping out Pickering Creek in this way. We are very pleased to channel a significant contribution to them as a result of our membership initiative."

Pickering Creek Audubon Center is dedicated to community-based conservation of natural resources through environmental education and outreach on the Eastern Shore. The 400-acre working farm next to the tidal Pickering Creek in Talbot County features a variety of ways the community can engage with nature and is free and open to the public 365 days a year from sunrise to sunset. The center has been providing excellent environmental and science education programs to students from eight Maryland Counties and the District of Columbia for more than 25 years. Over 16,000 school children visit each year and are given the opportunity to make a physical and emotional connection to the Chesapeake Bay. The Challenge Course is just one of the many youth programs the center offers.

"We were very honored to partner with Hearthstone," comments Center Director, Mark Scallion. "Their commitment to our educational mission and enriching the lives of the young people we work with is admirable and impressive."

About Hearthstone Health and Fitness

Hearthstone Health and Fitness, Inc. ("Hearthstone") is the mid-Shore's pre-eminent health and fitness facility offering programs for every type of person from those athletes seeking to improve their performance to those who have never exercised and are looking to improve their health and fitness. The Hearthstone concept is a "lifestyle" concept with the facility striving to touch the lives of their clients on a 24/7 basis through the employment of fitness training, life coaching, nutritional coaching, meals-to-go and other health-related educational opportunities. 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. To learn more about Hearthstone, please visit

<http://www.hearthstonehealthandfitness.com> or contact Dave Tuthill, president at Dave@HearthstoneHealthandFitness.com or 410.690.3838.

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