



# LIFTING FOR LIFE FUNDRAISER

Hosted by **PERFORMANCE  
360**  
HEALTH AND FITNESS CLUB

## IN HONOUR OF



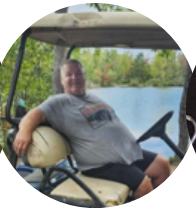
Rob  
Pomajba



Dave  
Craeymeersch



Kerry  
Stone



Calvin  
Carrothers



Nelly  
Kasper



Mary Louise  
Rosseel

**In memory of** Henry Heyink, Ron Paxton, Steve Paxton, Brian Paxton, Bob Paxton, Bill Paxton, Jay Brodie, Ruby Kennedy, Larry Sparks, Lorna Alexander, Mike Korpan, Jan Shaw, Richard Ross, Bob Brooksbank, Ernie Jenkins, Annie Mertz, Judy Read, Pam Carey, Tony Martin, Lynn Craeymeersch Badder, and Ewen Ross.

**Males lift 50% of their bodyweight**

**Females lift 30% of their bodyweight**

**OPEN TO PARTICIPANTS OF ALL ABILITIES**



**May 9, 2026 - 11:00 A.M.**



**770 Richmond St, Chatham**

**For more information call:**

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PERFORMANCE 360: 519-436-1530

**All Proceeds Supporting:**

