



Press Release  
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**FOR IMMEDIATE RELEASE**  
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## **New Self Renewal Center Supports HOPES Walk for Awareness**

**Madison, WI** – In April of this year, New Self Renewal Center designed a special t-shirt in honor of the [HOPES](#) Walk for Awareness, which took place Saturday, May 9. Several members of New Self's staff and their families participated in the walk and New Self was pleased to make a \$500 donation to HOPES as a result of the shirt sales to date.

All proceeds from the ongoing sale of the shirt will be donated to HOPES and other organizations that support mental health awareness and suicide prevention. If you would like to support this cause, you can order a t-shirt from our [online gift shop](#) or stop by New Self to pick one up. The light blue shirt with navy printing (shown below) is 100% pre-shrunk cotton and available in men's sizes small through 2XL and women's sizes medium through 2XL. The cost is \$15 per shirt.



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*New Self Renewal Center, a new facility on Madison's west side, provides a small community that offers both fitness and rest, focusing on health and wellness for the whole person. It is designed to give people an opportunity to rejuvenate, grow and connect with others by offering fitness and nutrition training, spa services, enrichment classes and other activities for adults and children. Membership includes open use of the fitness equipment, Swedish showers and drop-off childcare, as well as special member pricing on spa products and services, personal training and café items.*