

FOR IMMEDIATE RELEASE

December 15, 2009, Camp Hill, PA: Min's Karate Academy will host the Fourth Annual Holiday Charity Break-a-Thon on January 16, 2010 starting at 9:30 a.m. in Camp Hill, PA.

Min's Karate Academy is pleased to announce the Fourth Annual Holiday Charity Break-a-Thon. The event will take place at 9:30 a.m. on Saturday, January 16, 2010 at Min's Karate Academy, 3501 Market St. in Camp Hill, PA. Karate students of all ages will break boards using a variety of hand and foot techniques. Students are currently collecting per-board break pledges from sponsors. Flat donations are also welcome. The public and media are invited to attend.

The previous three Break-a-Thons raised a combined \$4,680 which was split evenly among the Shalom House, the Central Pennsylvania Food Bank, and the United Methodist Home for Children. The same three charities will benefit this year.

The Holiday Charity Break-a-Thon was conceived and is administered by East Pennsboro Area High School graduate Krystina Shultz, who earned her second degree black belt at Min's Karate Academy.

To sponsor a student or make a donation, please contact Krystina at 717-343-2734 or e-mail [info@charitybreakathon.com](mailto:info@charitybreakathon.com).

For more information about the Holiday Charity Break-A-Thon, visit [www.charitybreakathon.com](http://www.charitybreakathon.com).