



Dec 8 2017

Sent on behalf of Central York Fire Service

Note that this is time sensitive, ***deadline is Sunday***

Amber Bowman has been a member of Central York Fire Service since 2011 and has already made a significant difference within the Fire Service locally and internationally by her outstanding achievements in the Combat Challenge competitions.

She has proudly represented Central York Fire Services and she strives to make those she interacts with better able to deal with the demands of life by being fit.

An essential component of good performance and injury avoidance no matter what your life includes is being physically and mentally prepared for the challenges you will face.

Please support Amber in her quest to be selected as a Trainer for the Dr. Oz program. Voting is open only until Sunday December 10th at midnight.

Please don't put it off, vote today and give Amber the support she deserves.

I believe you can vote numerous times.

Also, if you would forward this information to those in your address book and ask them to support Amber in this challenge that would be appreciated.

Thanks

Voting Link: <https://fitbyfire.us14.list-manage.com/track/click?u=37c8f38af1f6d06f2e1a1affe&id=90481a9f07&e=ea6bdbf14c>>

VOTE for Amber as Dr. Oz's Next Great Trainer!