

Dr. Lipoff: Foundation 4 Heroes Assemble for MedStar's Georgetown Hospital Visit

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Later this afternoon the nonprofit organization known as, Foundation 4 Heroes (F4H), has the wonderful opportunity to go to Georgetown Hospital to visit 43 children in need. Our local Hero, Hudson may be coming home sometime today, which is AWESOME. He will get a private stop when we return.

MedStar's Georgetown University Hospital is a state-of-the-art hospital focused on being trusted by the community; providing physical and spiritual comfort to those in need and upholding the values of; Service, Patient First, Integrity, Respect, Innovation and Teamwork.

Although it is not easy to assemble the team during the week due to work schedules, the Foundation 4 Heroes will do what they can when asked because making a difference in a child's life is their goal. This is what they do.

The Foundation 4 Heroes is mainly comprised of working parents who recognized the need to volunteer and help support children, and their families, that are experiencing difficult times due to their child's health.

Many have had friends and relatives who have experienced a similar type of adversity when it comes to a child in the family, or even an adult. The volunteers of F4H realize how important a supportive group of people can be through an ordeal like this.

The Foundation 4 Heroes has made some great additions to their team by recruiting some new, passionate and loyal members like; Superman, Batman, Batgirl, Cat Woman, Ninja Turtles and more.

If you would like to volunteer or suit up, please contact us. If you know of a child facing health concerns, tell us. We make every effort to be there for these little heroes, whether in a hospital or speaking at your school.

If you would like to meet some members of the Foundation 4 Heroes, check out their facebook page. They will be at various parties and charity events for children like next Saturday for Abby; as she is crowned Warrior Princess.

Also in attendance will be Once Upon A Princess; Chick fil-A and Kona Ice. All of us will be celebrating at Real Life Wesleyan Church, 27399 Old Village Road, Mechanicsville, Maryland on Saturday, February 28th from 9 – 12 noon.

Admission is \$10 and all of the proceeds go to AGS Research at Children's National. "Wear your jeans to show you care about genes."

Stop by and check out the newly crowned Warrior Princess and visit the Foundation 4 Heroes next to the Hero Hummer. Let's make it a great day.

Thank you for your support, donations, sharing of our posts and willingness to spread the word about the Foundation 4 Heroes and our mission. With your help we can all make a difference.

Remember -- "Even Heroes Need a Hero."

Dr. Jay M. Lipoff is the owner of Back At Your Best Chiropractic & Physical Therapy, LLC, which is located in the Wildewood Shopping Center. Dr. Lipoff is also the author of "[Back At Your Best; Balancing the Demands of Life With the Needs of Your Body.](#)" It is available in book and Kindle format at Amazon.

He received his Bachelor of Science degree from Syracuse University in 1990, a Doctorate of Chiropractic (D.C.) from New York Chiropractic College (NYCC) in 1994 and he became a Certified Fitness Trainer (CFT) in 2005.

Dr. Lipoff is an Executive Board Member, International Chiropractic Association Council on Fitness and Sports Health Science; has a radio segment: Back At Your Best in 5 Minutes or Less, President and Founder; Foundation 4 Heroes, Contributing writer, Huffington Post' Co-Founder, Drug Free Training USA; Member, NY Strength-promoting the importance of physical conditioning; Board Member of Public Relations Committee, Maryland Chiropractic Association; has spoken on nationally broadcasted radio interviews, has articles in print and referenced in over 100 print papers, magazine and on websites, President, Wildewood Business Network-promoting better business relations and community outreach.

For more information, go to www.BackAtYourBest.com, find us on facebook, or call 301-863-BEST (2378). www.f4heroes.com, 844-F4Heroes.

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