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## FOR IMMEDIATE RELEASE

### A CHILLY JUMP TO WARM THE HEARTS OF FAMILIES IN GRIEF

Waconia, MN February 15, 2019: A heart-warming celebration is taking place Saturday, March 2nd as the 10th annual Frunge Festival plunges into icy Lake Waconia on the grounds of Lola's Lakehouse. What else would hearty Minnesotans do raise money and awareness during the winter season...jumping into a frozen lake, of course! The public is welcomed and encouraged to attend, donate and participate. Over 100 brave fundraisers (we call "Frungers") are expected to jump in frozen Lake Waconia to raise more than \$125,000 to fund grief camps for families through the Children's Grief Connection (CGC) Hearts of Hope Family Grief Camp.

Our brave fundraisers, we call "Frungers", will jump into the frozen waters of Lake Waconia to raise funds for grieving families. There are lots of ways kids-of-all ages can participate including a kids-only fundraising event, the Fuzzy Bear Frunge. Kids 10 years and younger can register to slide into a giant pool of teddy bears! Members of the USA Curling Association and Chaska Event Center will be on the ice demonstrating the exciting sport of Curling. And you don't want to *Let it go* without meeting the beautiful Snow Queen and Snow Princess from Perfectly Princess Entertainment meeting and greeting families and cheering our pint-sized fundraisers.

All proceeds raised during this event will go towards programming for the CGC's Hearts of Hope Grief Camp, where grieving families leave their anger behind, understand love remains, and find that hope will carry them forward. This life-changing camp experience is offered to all families free of charge. To learn more about this amazing event and organization, please visit <https://childrensgriefconnection.com/frungecheersto10years/>. This heart-warming event is one not to miss and truly showcases the big and warm hearts we have in Minnesota!

The CGC's dedicated mission is to bring hope and healing to grieving children and their families. The Hearts of Hope Family Grief Camp provides a safe and supportive setting where families that have experienced the death of a loved one can make connections that provide an anchor within their emotional and life changes. Empowered by healing themselves, a compassionate community is created, offering understanding, support, and healing continues.

#### About CGC

The CGC was started in 2001 by Minnesota Funeral Directors Association member funeral directors who were looking for a way to continue to help their grieving families beyond the funeral service itself. To date, more than 400 grieving family members have attended Hearts of Hope camp. Information about the event and our organization may be found at [www.childrensgriefconnection.com](http://www.childrensgriefconnection.com).