

517 11th Avenue Hanover, Ontario N4N 2S3 519-506-5065

"MOVE YOUR BODY" CHALLENGE

Dear participant:

Thank-you for participating in Bruce Grey Mentorship's virtual Move your Body Challenge. This event is a fun and "distanced" way to raise funds to help us provide mentoring opportunities for children and youth in our community.

After all these lockdowns, we all need a little fresh air and exercise. Why not combine that with a donation to a good cause? We challenge you to get out there and MOVE!

<u>Unlike a typical walk-a-thon, you will determine the distance you will Move, you choose a mode of movement and then gather pledge donations from your contacts.</u> We have provided a donation form to use with your circle of friends and family. All donations are greatly appreciated. Tax receipts will be provided for \$10 and over.

When you move, make sure to take pictures to share with us. Where will your moving take you? Down the street? on a trail? To a scenic lookout? Along a beach? Let us know where you went.

Please download and fill out the registration form and return to our office to notify us of your participation. You can then download the donation form and get people to sponsor you. Then during the month of July, MOVE! At the end of the month, ensure you have collected all your donations, put them in an envelop with your name on it and the forms and drop off to our office. All participants will be entered into a draw for some fun prizes.

If you have any questions please contact me at the office at 519-506-5065. Thank-you again for participating in our event. We look forward to your adventures "moving" in July!

Sincerely,

Greg Dow Bruce Grey Mentorship

