



HOW TO RAISE \$200 IN 5 DAYS!

Get excited. Stay motivated. Pray for AVA Care to be blessed with a successful event. Share with others your passion for the work of AVA Care.

- DAY 1: **Sponsor yourself** for \$20
- DAY 2: **Ask two family members** to sponsor you for \$25.
- DAY 3: **Ask five friends or co-workers** to sponsor you for \$10.
- DAY 4: **Ask five people from your church** to sponsor you for \$10.
- DAY 5: **Ask three of your Facebook friends** or **email 3 of your out-of-town friends/relatives** & ask them to sponsor you for \$10.

Congratulations! You did it! You have earned an AVA Care Move for Life t-shirt!

Did you know that if 275 people would accept this \$200 challenge we will meet our \$55,000 goal? Your participation in the Move for Life provides needed funds for AVA Care so that we can be there when she needs us the most.

Don't forget to use email, Facebook and Twitter, but remember that a face-to-face request is the best tool you have.

Ask a friend to join you at the Move!