



## HOW TO RAISE \$600 IN 10 DAYS!

- DAY 1: **Sponsor yourself** for \$50
- DAY 2: **Ask four family members** to sponsor you for \$25.
- DAY 3: **Ask five friends** to sponsor you for \$15.
- DAY 4: **Ask five people from church** to sponsor you for \$10.
- DAY 5: **Ask five neighbors** to sponsor you for \$10.
- DAY 6: **Ask one person who can** sponsor you for \$50.
- DAY 7: **Ask five Facebook friends** to sponsor you for \$15.
- DAY 8: **Ask five local merchants** to sponsor you for \$20.
- DAY 9: **Ask two businesses** you frequent to sponsor you for \$25.
- DAY 10: **You did it!** Great job! You have earned an AVA Care Move for Life long-sleeved t-shirt **and** an AVA Care Camelbak® water bottle.

**Did you know that if 95 walkers accept this \$600 challenge then we would meet our \$55,000 goal?**

**Ask a friend to join you at the Move for Life!**