Dear Friends, Family and Colleagues,

I am participating in the Palliative Care Society of the Bow Valley's virtual **Hike for Hospice from**May 1 to May 31.

The goal is to collect pledges and have fun – you can walk in your neighbourhood or laps in your yard, climb the stairs in your home, walk your dog.

I need your help! Will you join my team?

Go to the Hike website to find out more and come virtual Hike with me:

 $\frac{https://www.canadahelps.org/en/charities/palliative-care-society-of-the-bow-valley/p2p/hikeforhospice2021$

I'm participating because _	-	I hope that you will share
this journey with me and s	upport my cause! My goal is to raise \$.
	YOUR PARTICIPANT PAGE LINK (URL) ation to help me reach my goal! Or click on "Jo	
Your generosity is appreci	ated.	
Thank you!		
(Your Name)		