

If you've decided to use emails or written notes to spread the word about the Support-A-Walk, the sample below will give you the basic information you need.

You can Copy-and-Paste the text into your own emails or notes to encourage friends and family to participate.

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**Subject Line:** An invitation – we can make a difference!

**Message:**

I want to tell you about a terrific event I'm participating in, and ask you to join me or make a donation!

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17<sup>TH</sup> ANNUAL SUPPORT-A-WALK ~ SPONSORED BY SUPPORT CONNECTION, INC.

A 3-mile walkathon to increase awareness about breast and ovarian cancer and to help fund free support services for people affected by these diseases

SUNDAY, OCTOBER 2, 2011 ~ 9:00 AM: Pre-Walk activities ~ 10:00 AM: Walk begins!

FDR State Park, 2957 Crompond Rd. (Route 202), Yorktown Heights, NY

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SUPPORT CONNECTION is a truly unique organization. Since 1996, they have provided FREE confidential support services and programs to thousands of people whose lives have been impacted by breast and ovarian cancer.

Everyone at Support Connection is passionate about their mission. They understand how important it is to have someone to lean on when your world has been turned upside down by a cancer diagnosis. There is no other organization in our area that offers so many free services to women with breast and ovarian cancer.

Support Connection must raise all of the funding they need to accomplish this, so the SUPPORT-A-WALK is a very important event! Support Connection is a 501 (c) (3) not-for-profit organization and all donations are tax deductible.

TO LEARN MORE, TO REGISTER, OR TO DONATE, go to [www.supportconnection.org](http://www.supportconnection.org). Or, call Support Connection at 914-962-6402.

Here are some ways you can help!

-- MAKE A DONATION: Donate online at [www.supportconnection.org](http://www.supportconnection.org) or mail checks payable to Support Connection, Inc, 40 Triangle Center, Suite 100 Yorktown Heights, NY 10598.

-- BE PART OF A WALK TEAM: It's fun to walk with others as part of a team! Learn more by visiting [www.supportconnection.org](http://www.supportconnection.org) or by calling Support Connection.

-- REGISTER AND WALK ON YOUR OWN: You don't need to be a team member to walk and collect donations from others. Register online, or print registration and collection forms at [www.supportconnection.org](http://www.supportconnection.org). Or call Support Connection to have forms mailed to you.

-- RAISE FUNDS FOR THE WALK ONLINE: It's easy at [www.firstgiving.com/supportconnection](http://www.firstgiving.com/supportconnection). Making a fundraising page on Firstgiving.com is a simple, secure way to ask people to support the Walk. Even if you can't attend, with Firstgiving, you'll feel like you're there - collect donations across cyberspace!

-- SPREAD THE WORD! Please tell family and friends about the Support-A-Walk. The more people who know, the more successful it will be! Please PASS THIS EMAIL ALONG to others who'd like to help a worthy cause.

I hope you'll join me in supporting this wonderful organization! Thank you!

*INSERT YOUR NAME*

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**ATTENTION TEAM MEMBERS: If you're walking with a Team, or if you're a Team Captain, you may add this additional line to your note:**

Please support my Walk team! I'll be walking as part of a team called (*INSERT NAME OF TEAM.*) We'd love to have you join us! If you can't walk that day, you can donate online and include my team name with your donation. If you want more info about my team, contact me at (*INSERT YOUR PHONE NUMBER AND/OR EMAIL ADDRESS.*)