

Dear Community Partner,

GET MOVING! FOR MENTAL HEALTH

McDowell Wellness Center is excited to be leading another Community Get Moving Challenge. Our past Get Moving

Challenges have engaged 800-1000 participants each and our newsletters currently go out to over 2000 people. We have had fantastic feedback as participants are grateful for the extra motivation and accountability as well as health information.

The 2024 Get Moving Community Challenge begins April 28 and ends June 8. This year we will focus on moving for Mental Health. May is Mental Health Month, so we have started the challenge a little later than normal to focus on mental health awareness activities. The challenge is free to participants and in order to encourage participation, we will once again be awarding weekly prizes and grand prizes at the end of the event. We will also provide a Get Moving t-shirt for participants who complete the challenge with at least 5 of the 6 weeks of physical activity minutes. The back of the t-shirt will display our t-shirt sponsors with placement similar to the image below with small variation depending on the number of sponsors at the various levels.



Sponsorship Levels:		
Platinum:	\$1000	
Gold:	\$500	
Silver:	\$250	
Bronze:	\$125	

Please consider becoming a t-shirt sponsor and/or donating prizes for the challenge. All donations are tax deductible and you will be recognized on the Ephraim McDowell Health Facebook page and in our newsletters. Our tax id number is 31-1545520. We are requesting the donations by May 10. If you are interested in partnering with us, please

contact Janet Fluty at (859) 936-7225 or <u>jfluty@emhealth.org</u> or complete the information below and mail it to McDowell Wellness Center, 1107 Ben Ali Drive, Danville, KY 40422. Thank you so much for your consideration and support.

Sincerely, Dee Minor, Director McDowell Wellness Center

Business Name:		
Contact person:	phone:	
Address:		
Item(s):	Value: \$	
(Please may checks payable to I	McDowell Wellness Center)	