

Dear Community Partner,

McDowell Wellness Center is excited to be leading our annual community Get Moving Challenge again this Spring. 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 2026 Get Moving Community Challenge begins April 19 and ends May 30. This year our theme is Get Moving at Every Age & Stage. We want *everyone* to participate and find ways to incorporate physical activity in any form. 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. Smaller donations will also be greatly appreciated. All donations are tax deductible and you will be recognized on the Ephraim McDowell Health Facebook page and in our newsletters.

McDowell Wellness Center

Donation Link: Monetary donations may be made online through our secure fundraising page between now and **April 30, 2026:**

<https://host.nxt.blackbaud.com/donor-form/?svcid=renxt&formId=dc7542ed-366c-4aaf-a4c8-da138e84fe96&envid=p-dFJxN8ISvUW8dyRS9b7OZg&zone=usa>



Please donate directly through this link to ensure funds are properly tracked and designated for the program. **Credit card fees are covered by Blackbaud** (our software host).

If you prefer to pay by **check**, please make it payable to:

-  **Ephraim McDowell Health Care Foundation**
-  **Memo: Get Moving Challenge**

Checks should be delivered to **Brandie James** at the foundation office or mailed to:

Ephraim McDowell Health Care Foundation

Attn: Brandie James

217 S. 3rd St.

Danville, KY 40422

(Please No cash gifts)

In-Kind Donations (Tangible Items)

For any in-kind donations, contact Janet Fluty at jfluty@emhealth.org or (859)936-7225 to arrange pick up, drop-off and to complete our In-Kind Donation Form.

 **Note:** Monetary and in-kind gifts to the **Ephraim McDowell Health Care Foundation, a 501(c)(3) nonprofit**, are **tax-deductible** where permitted by law.