



Walk For Wellness 2024!

Registration Deadline May 6th



WHAT IS WALK FOR WELLNESS

Walk for Wellness started in 2023 as a major fundraiser for PWC, to bring people together, to promote a healthy lifestyle and to support the many programs and services that are provided to the residents of Peachland.

The **Walk for Wellness** is more than just about walking, we want to raise awareness about the importance of wellness in our community.

Wellness means different things to different people. Take a minute to think about what it means to you, whatever brings you joy contributes to your wellness!

OUR PREVIOUS WALK FOR WELLNESS 2023

The **Walk for Wellness** 2023 crossed the "Finish Line" July 8, and was a resounding success. 12 teams and 85 participants did their all for the Walk for Wellness, ultimately showed up to support The Peachland Wellness Centre and its many programs and services.

Best team performance was awarded to the Cookie Chicks with Walking Sticks who proved age is just a number!

We look forward to 2024 and the **Walk for Wellness** challenge! The Cookie Chicks will be there defending their title. ARE YOU READY?

REGISTRATION PROCESS

Participants are members of a team; a team could be many members, though, we have had a one-person team demonstrating that it is not all in the numbers!

Registration deadline is May 6th, 2024. The captain of the team will collect information on this form and will give the team list back to PWC before the deadline. You can deliver the list in person at our office or by email to tricia.pwc@outlook.com

The kickoff event will be May 6, 2024; we will meet at the pier across from Bliss and we will walk together as far as 4th Street (or as far as you want).

The wrap-up party & awards will be held at Cousins Park on **Saturday, July 6, 2024, from 10am to 2pm.** Papa Thom will provide the music, our Town Crier will guide the activities we have planned.

PRIZES

Prizes will be awarded to the team 1st, 2nd, 3rd, and 1 prize for an individual.

Winners will be determined by a points system, based on fun and creative team name, enthusiasm, best event, and money raised.

Through collaboration with other organizations, community members and the municipality, the Peachland Wellness Centre provides education, support, information, outreach and referral for people in Peachland.



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YOUR TEAM ACTIONS:

1. Assign a team captain.
2. You will need a team name.
3. Fill out the Registration Form. Use 1 sign-up sheet per team.
4. Send by email or drop off your registration at PWC.
5. You will receive a personal URL (web address link) to share with your team members who can then share with their family and friends to donate to their team through the online portal Canada Helps.
Note: \$25.00 and above qualify for a PWC tax credit receipt.
6. To issue a tax receipt for cash or cheque donations, PWC requires the donor's name and address. We will provide the team's captain with a form to collect this information, just let us know if needed.
7. The deadline for receiving donations to be included in the tally for teams is July 3rd.
8. The team with its PWC Staff liaison, will organize 2 events for the team to create more awareness of the walk. These events are TBA. Don't forget these events are an important part of points score and getting your name on the trophy!!

QUESTIONS?

Please email tricia.pwc@outlook.com or call Tricia at 250-767-0141.



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Walk for Wellness 2024 Registration Form for Teams Individuals

Captain: _____

Team NAME: _____

EMAIL: _____

PWC Staff Liaison _____

(If you don't have one, leave it blank, you will be assigned one)

TEAM Member Name/Email

TEAM Member Name/Email

TEAM Member Name/Email

TEAM Member Name/Email

TEAM Member Name/Email

TEAM Member Name/Email

Donation Goal: \$ _____

****\$25.00 and above qualify for a PWC tax credit receipt***

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