



Walk to END ELDER ISOLATION

50+ Contacts in 5 Minutes



Make a Phone Call to:

1. Parents _____
2. Siblings _____
3. In-laws _____
4. Sisters-in-law _____
5. Brothers-in-law _____
6. Aunts/Uncles _____
7. Cousins _____
8. Children _____
9. Nieces/Nephews _____
10. Grandparents _____



Send an Email to:

11. Accountant _____
12. Attorney _____
13. Babysitter _____
14. Dentist _____
15. Chiropractor _____
16. Landlord/Manager _____
17. Real estate agent _____
18. Physical therapist _____
19. Physician _____
20. Wedding planner _____



Send a Note to:

21. Pet Groomer/Vet _____
22. Drycleaner _____
23. Florist _____
24. Barber/Stylist _____
25. School _____
26. Supermarket _____
27. Manicurist _____
28. Bartender _____
29. Gym/Yoga Studio _____
30. Pharmacist _____

Others you might call or email:

31. College friends _____
32. Fraternity/Sorority friends _____
33. High school friends _____
34. Facebook friends _____
35. Children's friends _____
36. Children's teachers _____
37. Neighbors _____
38. Parents' friends _____
39. Former Co-workers _____
40. Coach(es) _____

Maybe you know people from:

41. Work _____
42. Athletic League _____
43. Gym or Yoga _____
44. Childcare _____
45. Place of Worship _____
46. Coffee house _____
47. Neighborhood Café _____
48. Camp _____
49. Golf Course _____
50. Favorite Restaurant _____
51. Place you donate items _____
52. Place you volunteer _____

Don't forget....

53. YOU can make a Personal Donation
54. Ask if your employer matches donations

Share the good news! Promotion is KEY



Post via Facebook

Share on Twitter

Post on Instagram

Include a *link* to your donation page!