



## Walk to **END ELDER ISOLATION**

### HOW TO RAISE \$500 IN 7 DAYS

Day 1: Sponsor yourself	\$30
Day 2: Ask 5 extended family members to sponsor you for \$25 each	\$125
Day 3: Ask 4 co-workers to contribute \$10 each	\$40
Day 4: Ask 6 close friends to contribute \$25 each	\$150
Day 5: Ask 3 neighbors to sponsor you for \$15	\$45
Day 6: Ask your boss for a company contribution of \$50	\$50
Day 7: Ask 6 Facebook friends for \$10 each	\$60

