



SEVEN WAYS TO PARTICIPATE

Here are seven ways YOU can be a part of the *Walk to End Elder Isolation*

- 1) **Form a Team:** Gather your friends, family, co-workers, neighbors, and form a team (See *Keys to Successful Teams*). Register at www.fw4elders.org/walk and personalize your own team page with your story (see *Telling Your Story* for ideas). Ask each of your friends to create their own page on your team and fundraise themselves.
- 2) **Join as a Virtual Walker:** The Walk will be hybrid this year, so if you are unable to be there in person, you can still participate. Write a brief story about why you are walking, then send the link for your personal page to friends, colleagues, and family, inviting them to donate. Don't be shy! Grab that selfie to inspire, promote, & invite friends to the virtual event!
- 3) **Sign up your Dog:** Even your dog can be a fundraiser! Tell their story, then collect donations on their behalf. People love pictures and videos of dogs, so please share photos on your social media, and on our on our Facebook and Instagram page.
- 4) **Sponsor:** Ask your company, organization, or a business that you patronize to become a sponsor (see *Sponsor Levels & Benefits*). They get exposure on our social media and website, and can feel good that they are making a difference immediately in the lives of isolated elders in our community. Or send suggestions for sponsors to us, and we will contact them directly.
- 5) **Volunteer:** We will still need volunteers to help with the event, from phone calls to registration, photography to table set-up. Please contact Julie at jkaufmann@fw4elders.org to learn how you can help.
- 6) **Donate:** If you want to make an impact, donating is a great way to participate!
- 7) **Share on Social Media:** Help us spread the word and encourage others to walk or donate! Post on your own social media and tag FriendshipWorks. Our Facebook, Instagram, Twitter, and YouTube channels are all active and ready! You can tag us, share our stories and videos, or use your own! Hashtags: #walktoendelderisolation #friendshipworks.

Choose any combination of ways to participate & promote.