

Friday, May 12th, 2023  
5:00-7:00pm

Join us at Mill Lake Park (Bevan Entrance)

[www.abbotsfordhospice.org/hike](http://www.abbotsfordhospice.org/hike)



MOVE FOR HOSPICE  
ABBOTSFORD HOSPICE SOCIETY

## Who?

Friends, family, co-workers & neighbours.  
Set your fundraising goal and challenge others.  
A great team-building event!

## What?

Collect pledges and go for a stroll, walk or jog  
around Mill Lake. Twice around the lake is 5KM.  
Suitable for all ages and abilities.

## Where?

Mill Lake Park Site #4 - ( Bevan Avenue Entrance)

## When?

Friday, May 12th, 2023  
5:00 - 7:00 PM

## Why?

**Walk in memory, walk in support.**

Wear your loved one's name on a butterfly label available  
at the registration table. Whether you are walking to  
honour the memory of a loved one or to support the  
programs and services we offer, your participation allows  
us to provide valuable services at no cost to those in our  
community who need it. Thank you!

## How to raise \$500 in a week

**Day 1** - Sponsor yourself for \$25

**Day 2** - Ask 3 family members to sponsor you for \$25

**Day 3** - Ask 5 friends to sponsor you for \$15

**Day 4** - Ask 5 co-workers to sponsor you for \$10

**Day 5** - Email 15 people and ask for a \$10 donation

**Day 6** - Ask your employer/company to sponsor you for \$75

**Day 7** - Ask 2 businesses you frequent for a \$25 donation

The Abbotsford Hospice Society is a registered charity that  
provides the community with end-of-life care and grief  
support services to individuals, families, and children of all  
ages. Holmberg House is a 10-bed facility owned and  
operated by AHS. We provide services to our community  
through donations from caring people like you. **Thank you!**



Abbotsford  
HOSPICE SOCIETY

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**WALK IN MEMORY • WALK IN SUPPORT**

Walker's Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_



MOVE FOR HOSPICE  
ABBOTSFORD HOSPICE SOCIETY

**A Fundraiser for the Whole Community!**

**Set a step or distance goal.**

**Challenge your family or co-workers.**

**My goal is to raise \$ \_\_\_\_\_**

Please bring pledge form & pledges to the Registration Desk on the day of the event. Cheques payable to Abbotsford Hospice Society.

Make your pledge online at [www.abbotsfordhospice.org/donate](http://www.abbotsfordhospice.org/donate). Add the Walker's Name in the COMMENT section.

Pledge's Name	Address	Postal Code	Phone #	Email	Pledge
					\$
					\$
					\$
					\$
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					\$
					\$
					\$

Tax receipts issued for individual pledges of \$25 or more. All contact info must be completed.

**TOTAL PLEDGES:** \$  

**Thank you for your support.** Registered Canadian Charity: 11877 6053 RR0001

**WALK IN MEMORY • WALK IN SUPPORT**