

Did you know

YWCA Hamilton can support you with your own personal fundraising event in support of Move More for Encore? We'll even help you promote it!

Reach your \$150 goal in three easy steps

STEP 1: Make a donation to yourself = **\$25**

STEP 2: Ask 5 family members to donate \$10 = **\$50**

STEP 3: Ask 3 friends to support you \$25 each = **\$75**

TOTAL = \$150

Invite us to your virtual workplace meeting

Let us help you raise funds & awareness by hosting a Move More for Encore presentation on your preferred team meeting platform. We'll share more about the impacts of fitness related activities and how 150 minutes of exercise per week can change a life.

Go Ahead...

Have some fun with it.

Create a social media challenge:

Tag us using #EncoreWarriors

Challenge your colleagues, friends, family and followers and don't forget to follow us!

Facebook: @YWCAHamilton

Twitter: @YWCA_Hamilton

Instagram: @ywcahamilton

LinkedIn: YWCA Hamilton

Making an impact

Funds raised will sustain ywcaENCORE and support a new YWCA Hamilton program, ENCOREplus. With your support we will be able to expand our traditional Encore program to incorporate virtual programming and movement inspired healing practices through Pilates Beyond Breast Cancer and Aqua Motion Beyond Breast Cancer to help more warriors manage the complex emotional and physical effects of surviving breast cancer.

THE FUN-RAISING APPROACH

- **Matching Gifts:** Check with your employer to see if they will match your individual or team fundraising! Many will...
- **Games or Trivia Night:** Use 'Facebook', 'Kahoot!', 'QuizUp' or any online trivia platform.
- **Virtual Cooking Lesson:** Host your own 'Masterclass' and charge your guests to attend and learn your world famous recipe.
- **Drive-In Lunch:** Organize a drive-in brown bag lunch for your workplace & donate the money that your colleagues pay.
- **E-gaming Competition:** Challenge your friends to a round robin tournament on 'Xbox Live' or 'PSN'.
- **Host Your Own Arts & Culture Night:** Invite your friends on 'Zoom' or 'Facebook' Live for an intimate evening with you. Make it a wine club, a book club, or tour google earth together using your tour guide skills and charge a registration fee.
- **% of Sales:** Are you able to donate a percentage of sales back to YWCA? Can you include a clause in any agreements requesting clients to donate?
- **Host Paint Nite:** Invite friends and their family to participate in a self curated paintnite. Donate the proceeds from registration fees.
- **Host a Contest:** Challenge your colleagues to take a photo, and let your peers judge for the best one - donate your entry fee.
- **Social Media:** Link your personal or team fundraising pages to your 'Facebook', 'Twitter', 'LinkedIn' & 'Instagram'.
- **Virtual Dance Party, Event or Concert:** Use 'Staget', 'Netflix Party', or 'Zoom' to host an event that you can charge admission to. Connect your event to 'Eventbrite' to get more people involved.
- **Host Your Own "...a-thon":** Challenge your friends, colleagues and family members to support your next walk-a-thon, tele-a-thon, or marathon.