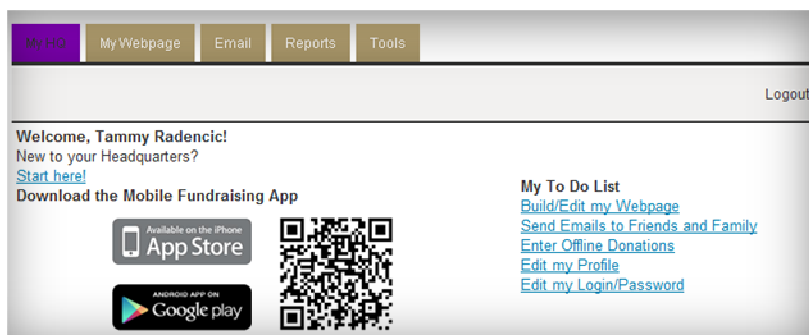


How to fundraise in 3 easy steps!

1. Register or Login to the event at <http://cardiachealth.kintera.org/2017WalkofLife>
2. After you have logged in to your Personal HQ, use the many tools available to help you meet your fundraising goal!
 - a. **Edit your personal webpage:** Click Build/Edit my Webpage to add your own images and to update the text that will appear on your page. ****Pages that are personalized receive an average of 3 times more donations!****



- b. **Kick start your fundraising:** Click the Email tab to send emails to your friends, family, co-workers. This is the #1 way to meet your goal!

HOW TO RAISE \$250 IN A WEEK

All you have to do is ASK!

<i>DAY 1</i>	SPONSOR YOURSELF	<i>\$30</i>
<i>DAY 2</i>	ASK THREE RELATIVES FOR \$20	<i>\$60</i>
<i>DAY 3</i>	ASK SIX FRIENDS FOR \$10	<i>\$60</i>
<i>DAY 4</i>	ASK FIVE COWORKERS FOR \$10	<i>\$50</i>
<i>DAY 5</i>	ASK FIVE NEIGHBORS FOR \$5	<i>\$25</i>
<i>DAY 6</i>	ASK YOUR SPOUSE OR PARTNER	<i>\$25</i>
<i>DAY 7</i>	CELEBRATE YOUR SUCCESS!	<i>\$250</i>