

STRIDES FOR EPILEPSY 5K

FUNDRAISING TIPS!

- Update your personal fundraising webpage and share your story! Tell others why it's important for you to be a part of Strides for Epilepsy.
- Send emails from your Participant Center (already written for you!) to ask for support from friends, family and co-workers.
- Use social media! Your Facebook page or Twitter account are great ways to get the word out. Include a link to your fundraising page or an invitation to join your team in your status.
- Invite others. Take your fundraising efforts to the office or host a garage sale, bake sale, dinner party or game night with your team. Ask for donations in exchange for goods or entry to your event.
- Ask your employer to match your fundraising or make a straight donation. You might also ask them to institute a casual dress or half-day off for all employees who join your team or make a donation.
- Host a garage sale and increase the amount you raise by asking for a \$1 donation on every transaction.
- Give friends a jar or cardboard box and ask them to collect their spare change over the months leading up to the event.
- Add a standard signature line to your outgoing email reminding recipients to support your efforts.
- Ask your favorite hairdresser or barber to donate \$2 for every haircut they complete over a weekend.
- Request an event poster and post it at school, work and around your community.

5 EASY WAYS TO RAISE \$300

- Invite ten friends over for movie night and ask each of them to contribute \$10
- Ask three family members to sponsor you for \$25 each
- Ask your employer to contribute \$25
- Ask five coworkers to sponsor you for \$10 each
- Invite five neighbors over for food or wine-tasting and ask each of them to contribute \$10

WHERE DOES THE MONEY GO?

The Foundation provides services beyond the medical office, helping people to live strong and well with epilepsy. This includes support groups, one-on-one direct care management, community trainings, camps for youth, educational seminars and advocacy. Eighty cents of every dollar goes directly to programs.

THANK YOU FOR YOUR INCREDIBLE SUPPORT!

