Spark Your Soul
Empower Your Life

BREAST CANCER AWARENESS MONTH

MORE KINDNESS BRIGHTER DAYS.

WE'RE SHARING

5 Sparks

This Breast Cancer Awareness Month, **Spark Your Soul is awarding 5 Sparks** to individuals or families who could use a little extra support, encouragement or joy. A Spark can be a meal, help around the home, self-care, pet care, a caregiver break or a special experience that brightens their day.



PRACTICAL SUPPORT
Everyday needs made a little easier.

MOMENTS OF JOY
Thoughtful surprises that bring a smile.

CAREGIVER SUPPORT
A helping hand for those who give so much.

COMMUNITY CARE
Support for individuals and families.

BRIGHTER DAYS
Reminding people they are not alone.

Know Someone Who Deserves a Spark?

Fill out a short nomination form and tell us why they could use a Spark of Support.

Want to Help Make More Sparks Possible?

Sponsor a Spark for just **$25** and help brighten someone's days.

Together, we can make life a little brighter.

sparkyoursoul.us | @official_sparkyoursoul | inspired@sparkyoursoul.us

Spark Your Soul is a community initiative of ELM Strategies, LLC.
Sponsorships are not tax-deductible charitable contributions.



BREAST CANCER AWARENESS MONTH • 5 SPARKS OF SUPPORT

Nominate Someone for a Spark

Know someone who could use a little extra support, encouragement, or joy?
Tell us a little about them. No medical details or lengthy explanation needed.

ABOUT YOU

Your name

Email

Phone (optional)

How do you know the nominee?

WHO WOULD YOU LIKE TO NOMINATE?

Nominee's name

WHAT KIND OF SPARK MIGHT BRIGHTEN THEIR DAY OR LIGHTEN THEIR LOAD?

Check all that apply.

- ☐ Meal or food delivery
- ☐ Grocery shopping or errands
- ☐ Laundry help
- ☐ Home cleaning
- ☐ Lawn or yard help
- ☐ Pet care
- ☐ At-home self-care
- ☐ A little caregiver relief
- ☐ A fun surprise or special experience
- ☐ Something else

If 'Something else,' please tell us:

TELL US A LITTLE ABOUT THE SPARK YOU HAVE IN MIND

Please keep it simple. No private medical information is needed.

A QUICK PERMISSION CHECK

- ☐ Yes, Spark Your Soul may contact me if more information is needed.
- ☐ I have permission to share contact information, or SYS should contact me first before the nominee.

SAVE YOUR COMPLETED FORM AND EMAIL IT TO:

inspired@sparkyoursoul.us