



# WALK FOR A WEEK WITH WE CARE

**OCTOBER 22 - 29, 2020**

## WHAT

Walk — run — jog — bike — while raising money for WE CARE!

## WHY

- Healthy and pandemic friendly!
- Anyone can participate regardless of zip code or athletic ability!
- One week window of time — go at your own pace!

## HOW

- Submit a \$40 registration fee for the walk and ask friends and family to sponsor you at any denomination for every mile you walk.
- Get out there and walk in your neighborhood, during your lunch hour, or your favorite hiking trail! Use your smartwatch, phone, or any other device or method to track your distance.
- Email your progress to [BRyan@nassaubar.org](mailto:BRyan@nassaubar.org) each day by 9pm to have it recorded in a shared masterlist for everyone to see. No judgments!
- At the end of the week, join the WE CARE Advisory Board for a "Finish the Line Ceremony" Zoom call with prizes!

**TO REGISTER, CONTACT BRIDGET RYAN.**

 (516) 747-4070 ext. 1226

 [BRyan@nassaubar.org](mailto:BRyan@nassaubar.org)