



## Social Media & Email Samples

Sylvain Brisebois Construction and Coughlin & Associates are each matching up to \$5K in donations to Team Perley Health. Let your supporters know that they can double their donations today!

Sample Facebook Posts 

Tip: be sure to include a personalized picture of you!

- Thanks to generous donations from Sylvain Brisebois Construction and Coughlin & Associates, you can double the impact of your support! Please sponsor me for Team Perley Health today and your donation will be matched. [\[Link to your fundraising page\]](#) #PerleyHealthUnited #CharityChallenge #RunOttawa2022 RunOttawa
- You can help sustain exceptional care for Seniors and Veterans at Perley Health by sponsoring me for this year's #OttawaRaceWeekend! [Link to your fundraising page.](#) #PerleyHealthUnited #CharityChallenge #RunOttawa2022 RunOttawa
- I am [running/walking](#) because I care about exceptional care for Seniors and Veterans. Please support me on Team Perley Health today! [\[Link to your page\]](#). #PerleyHealthUnited #Charitychallenge #RunOttawa2022 RunOttawa

## Sample Twitter Posts



Tip: keep your tweets short and be sure to use those hashtags!

- Thank you Sylvain Brisebois Construction and Coughlin & Associates for doubling donations to Team Perley Health! Please support me today at [\[Link to your fundraising page\]](#) #PerleyHealthUnited #CharityChallenge #RunOttawa2022 RunOttawa
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## Sample Instagram Posts



Tip: share inspirational stories and use your #linkinbio, not links in your posts

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1750 Russell Rd, Ottawa ON K1G 5Z6

www.perleyhealthfoundation.ca - 613-536-7173

Charitable Registration Number 12194 8038 RR0001

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- Thank you Sylvain Brisebois Construction and Coughlin & Associates for doubling donations to Team @PerleyHealth! Please support me today at [\[Link to your fundraising page\]](#) #PerleyHealthUnited #CharityChallenge #RunOttawa2022 @RunOttawa
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## Sample Emails

**Tip: Personalize your email as much as you can, and use individual names when possible. This is the place where you can share more of your story and your motivation!**

**Hello [name],**

**I am [running/walking](#) for Team Perley Health this year because I care about exceptional care for Seniors and Veterans.**

**When you support me, you are supporting residents like Wally. Wally is a Second World War Veteran and was an avid marathoner for most of his life; he ran 726 races in over 99 countries! Now into his 90s, Wally's running days are behind him but he still enjoys living life to the fullest at Perley Health. Your donation ensures that Wally and each of the 600 Seniors and Veterans who are part of the Perley Health Community have access to the best care.**

**And, thanks to generous donations from Sylvain Brisebois Construction Limited and Coughlin & Associates, your donation will be matched! Up to \$10,000. Please support me today [\[link to your personal page\]](#).**

**Each donation over \$10 will automatically receive a tax receipt. Thank you for your support!**

**[-Your name](#)**