

## JOIN TEAM PERLEY HEALTH TODAY

Dear **[Insert Recipient's name]**,

During the month of May, I will be participating in Ottawa Race Weekend in support of Perley Health Foundation. I am counting on you to help me succeed and raise money to support exceptional care for Seniors and Veterans! **I am hoping you will join me and become a part of Team Perley Health!**

You can run – or walk! – the race of your choice: 2k, 5k, 10k, ½ marathon, or full marathon.

This year, participants can choose to participate in the live event in downtown Ottawa on Race Weekend (May 28-29), or choose any date and location during the month of May to complete your official race. Whatever you're more comfortable with! Open to all ages and abilities, you are encouraged to choose somewhere in your neighbourhood, a favourite trail, park or even a treadmill at home and 'race' your distance, your way.

As part of Team Perley Health you'll have access to a variety of prizes and resources to keep you motivated. You'll receive monthly team updates to keep you inspired and offer fundraising advice if you're feeling stuck. **Register today and let's go the distance for senior care!**

Here is why I am asking you to join my team and help raise funds:

Supporting the ongoing needs on-site at Perley Health will help sustain a long tradition of exceptional care for our parents, grandparents and loved ones. Where government funding falls short, our community's generosity in supporting seniors and Veterans will ensure that innovative arts and recreation programs thrive, ageing equipment is replaced, facilities are renewed, and staff training is ongoing.

**With your support, we can ensure Perley Health is the best home possible for residents.**

Click the link here to learn more and become a member!

<https://www.perleyhealthfoundation.ca/events/upcoming/2022-ottawa-race-weekend/>

Together, we will transform care for Veterans and Seniors.

Sincerely,

**[INSERT YOUR NAME]**