

## 13th Annual walk-a-thon – with a twist!

**What:** Group Dorval-Sources-St-Henri Walk-a-thon, in support of Hope & Cope

**When:** Sunday, September 13, 2020, from 9 a.m. to 12 p.m.

**Where:** Your neighbourhood, favourite park or walking trail

**Now more than ever, cancer patients need your support as they cope not only with the challenges of cancer but also with the threats posed by COVID-19.**

The pandemic may have changed our ability to gather together physically, but we can still come together in spirit!

On September 13<sup>th</sup>, we invite you to lace up your running shoes, walk with your “bubble” in your neighbourhood or your favourite park or walking trail and send us your photos. **A minimum fully receipted donation of \$25** will allow you to participate as a walker.

Thanks to the generous support of friends, suppliers, clients and families, this event has raised a combined total of over **\$720,000 dollars**. Although Hope & Cope has had to suspend on-site services during the pandemic for safety reasons, they continue to support patients through on-line activity classes and exercise consultations by phone or videoconference.

Cancer doesn't stop for COVID-19 and neither will we! Please walk with us on September 13<sup>th</sup>. Every step you take will make a difference in the lives of cancer patients and their families.

To sign up or donate on-line go to: <https://jghfoundation.crowdchange.co/14571>. For more information, please call **Lora Tombari** at **514 340-8222**, ext **26868** or email: [hopeandcopeevents@jgh.mcgill.ca](mailto:hopeandcopeevents@jgh.mcgill.ca).

***“I am looking forward to joining the team and walking with you!”***

Eric Amar, Hope & Cope Executive Director

First name _____	Last name _____
Home address _____	
City _____	Province _____ Postal Code _____
Tel (     ) _____ E-mail _____	

Company name _____	Is this a company donation? YES <input type="checkbox"/> NO <input type="checkbox"/>
Company address _____	
City _____	Province _____ Postal Code _____
Tel (     ) _____ E-mail _____	

<b><u>Donation by cheque or in cash</u></b>	Amount \$ _____	Cash <input type="checkbox"/>	Cheque N° _____
If by cheque, please make it payable to Hope & Cope			

<b><u>Donation by credit card</u></b>			
Name on credit card _____	VISA <input type="checkbox"/>	MC <input type="checkbox"/>	AMEX <input type="checkbox"/>
Credit card N° _____	Exp _____ / _____		
Signature _____	Amount \$ _____		