

# 8TH ANNUAL WALK + ROLL

DECEMBER 3RD AT 2:00PM SOUTH LEISURE  
CENTRE



**GET INVOLVED!**

Register as a team of four or as an individual!

**REGISTER ONLINE AT**

<https://www.beingastonished.com/walk-and-roll/>

Or contact Bonnie

BCV@beingastonished.com

306.737.9560

October 8 th, 2021- December 3rd, 2022



**8 WEEK CAMPAIGN PERIOD  
WITH WEEKLY SOCIAL  
MEDIA ENGAGEMENT  
CHALLENGES!**

\*Complete a challenge and be entered into a weekly draw for a prize package.

**OUR FUNDRAISING GOAL:**

**\$25,000**



**ASTONISHED!**  
BETTER TOGETHER



## ASTONISHED!

A grassroots, user-led, charitable organization.

We work towards an inclusive community where young adults with complex physical disAbilities can share their dreams, explore their strengths, and lead others to a more authentically inclusive society.

Grounded in the Strengths Perspective, we offer 3 programs and various initiatives in the areas of teaching and learning; education and vocation; recreation and well being.

Over 50 adults with complex physical disAbilities make up our 'Core Membership' and represent Astonished!

### Astonished! Programs

1. The Astonished! Teaching and Learning Centre
2. The Astonished! Social Club
3. Summer Literacy Program

## SUPPORT THE INCLUSION WORK OF ASTONISHED!

### Join or Pledge a Team!

In harmony with the UN International Day of Persons with Disabilities, Astonished! is hosting its 8th Annual Walk & Roll.

A family-friendly pledge event that aims to raise funds to support the work of Astonished!

We challenge each team to raise \$1000.

### We Are Better Together

A society where everyone benefits from truly meaningful interaction and friendship.

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## SOCIAL MEDIA ENGAGEMENT CHALLENGES

For 8 straight weeks, teams will be encouraged to participate in weekly challenges. Each team that completes a challenge will be entered into a draw for a weekly prize package.

\*Please remember to tag **Astonished!** & put the hashtag **#WandRThrough2022** to be entered

### October 8th

Register your team & introduce your team by sharing a team selfie

### October 15th

Fundraising update

### October 22nd

Recruit another Walk & Roll team

### October 29th

Fundraising update

### November 5th

Successfully approach a Regina business about adding a team or providing a cash donation to your team

### November 12th

Fundraising update

### November 19th

Share a time where you thought inclusion was promoted in our community and how it made an impact

### November 26th

Fundraising update

### December 3rd

Fundraising update - the team that fundraised the most



@TheBigSkyCentreForLearningAndBeingAstonished



@BeingAstonished



@BeingAstonished