

# 9TH ANNUAL WALK & ROLL

DECEMBER 1ST, AT 7:00PM CORE RITCHIE  
RECREATION CENTRE



**GET INVOLVED!**

Register as a team of four or as an individual!

**REGISTER ONLINE AT**

[www.beingastonished.com/walk-and-roll/](http://www.beingastonished.com/walk-and-roll/)

Or contact Bonnie

[BCV@beingastonished.com](mailto:BCV@beingastonished.com)

306.737.9560

October 6th, 2023- December 01st, 2023

**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 9th 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 **#WandRThrough2023** to be entered (ensure privacy settings are set to public)

### October 6th - 13th

Register your team & introduce your team by sharing a team selfie on facebook or instagram

### October 14th - 20th

Fundraising update on facebook or instagram

### October 21st - 27th

Recruit another Walk & Roll team & help them register

### October 28th - November 3rd

Fundraising update on facebook or instagram

### November 4th-10th

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

### November 11th - 17th

Fundraising update on facebook or instagram

### November 18th - 24th

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

### November 25th - December 01st

Fundraising update - the team that fundraised the most



@TheBigSkyCentreForLearningAndBeingAstonished



@BeingAstonished



@BeingAstonished