

# 10TH ANNUAL WALK & ROLL

DECEMBER 7TH, AT 1:30 PM CORE RITCHIE  
RECREATION 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 13th, 2024- December 7th, 2024

**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!

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
4. The Big Sky Summer Outdoor Adventure
5. Garden of Wellness

## 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 10th 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 **#WandRThrough2024** to be entered (ensure privacy settings are set to public)

### October 13th - 19th

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

### October 20th - 26th

Fundraising update on facebook or instagram

### October 27th - November 2nd

Recruit another Walk & Roll team & help them register

### November 03 - 9th

Fundraising update on facebook or instagram

### November 10th - 16th

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

### November 17th - 23rd

Fundraising update on facebook or instagram

### November 24th - 30th

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

### December 01 - 7th

Fundraising update - the team that fundraised the most



@TheBigSkyCentreForLearningAndBeingAstonished



@BeingAstonished



[www.beingastonished.com](http://www.beingastonished.com)