



# 2021 Move Groove & Improve & health & wellness CHALLENGE and VIRTUAL EVENT

March 28-August 14, 2021  
for more info or to register:

<https://movegrooveimprove.camphehoha.com>

For optimal physical and mental health, it is recommended to do 150 minutes of exercise per week.

We are challenging you to walk, run, roll, dance, stretch, or exercise for your mental and physical health and people living with disabilities.

1. Join the campaign and form a team of friends, family, and coworkers
2. Exercise for 150 minutes each week and share your progress.
3. Share your fundraising pages to raise money and awareness for kids and adults with disabilities.
4. Tune in to the free online event on August 19, 2021, for exercise, fun, and prizes!

# 2021 Move Groove & Improve & health & wellness CHALLENGE and VIRTUAL EVENT

March 28-August 14, 2021  
for more info or to register:

<https://movegrooveimprove.camphehoha.com>

For optimal physical and mental health, it is recommended to do 150 minutes of exercise per week.

We are challenging you to walk, run, roll, dance, stretch, or exercise for your mental and physical health and people living with disabilities.

1. Join the campaign and form a team of friends, family, and coworkers
2. Exercise for 150 minutes each week and share your progress.
3. Share your fundraising pages to raise money and awareness for kids and adults with disabilities.
4. Tune in to the free online event on August 19, 2021, for exercise, fun, and prizes!

Please join me in helping people with disabilities!

# JOIN MY TEAM

Join me in taking care of your mental and physical health through a virtual exercise challenge.

My Team Name: \_\_\_\_\_  
(your team name here)

# DONATE

You can donate to my campaign on my personal fundraising page or share my page with your friends and family to help me spread awareness.

[movegrooveimprove.camphehoha.com/](https://movegrooveimprove.camphehoha.com/) \_\_\_\_\_  
(your personal link here)

\*All donations benefit Camp He Ho Ha and individuals with disabilities.

## What is Camp He Ho Ha?

Camp He Ho Ha is a summer camp for kids and adults with disabilities located on the shores of Lake Isle, 1 hour west of Edmonton. Since 1960 we have been making dreams come true for hundreds of individuals with physical and mental disabilities each year. We are a not-for-profit, non-denominational organization funded by the generous support of our community and donors.

We provide adapted recreational programs designed to meet the special needs/ interests of people living with disabilities. Through our programs, people of all ages with varying types/ degrees of disability accomplish things that they never thought possible! We have adapted hundreds of activities and empowered thousands of people with disabilities. At Camp He Ho Ha, campers increase their sense of independence and belonging, build friendships, and experience a fun and active lifestyle in a safe environment.



Please join me in helping people with disabilities!

# JOIN MY TEAM

Join me in taking care of your mental and physical health through a virtual exercise challenge.

My Team Name: \_\_\_\_\_  
(your team name here)

# DONATE

You can donate to my campaign on my personal fundraising page or share my page with your friends and family to help me spread awareness.

[movegrooveimprove.camphehoha.com/](https://movegrooveimprove.camphehoha.com/) \_\_\_\_\_  
(your personal link here)

\*All donations benefit Camp He Ho Ha and individuals with disabilities.

## What is Camp He Ho Ha?

Camp He Ho Ha is a summer camp for kids and adults with disabilities located on the shores of Lake Isle, 1 hour west of Edmonton. Since 1960 we have been making dreams come true for hundreds of individuals with physical and mental disabilities each year. We are a not-for-profit, non-denominational organization funded by the generous support of our community and donors.

We provide adapted recreational programs designed to meet the special needs/ interests of people living with disabilities. Through our programs, people of all ages with varying types/ degrees of disability accomplish things that they never thought possible! We have adapted hundreds of activities and empowered thousands of people with disabilities. At Camp He Ho Ha, campers increase their sense of independence and belonging, build friendships, and experience a fun and active lifestyle in a safe environment.

