



Swing Fore Camp Virtual Golf Challenge Social Media Content

About Camp Health, Hope & Happiness (Camp He Ho Ha)

1. Camp He Ho Ha is committed to providing high-quality outdoor recreation and overnight summer camping programs for children and adults living with physical and mental disabilities. Please consider supporting my #SwingFORECamp campaign to increase access to these services and raise awareness for individuals with disabilities across Alberta: [\[insert personal campaign page link\]](#)
2. Camp He Ho Ha has been focused on delivering inclusive programs to people with disabilities across the province for over 60 years. That's just one reason I chose to #SwingFORECamp and support their mission. Learn more about their work and donate to the cause at my campaign page: [\[insert personal campaign page link\]](#)
3. Each year the counselors and staff at Camp He Ho Ha adapt activities and empower hundreds of individuals! At Camp He Ho Ha, campers increase their sense of independence and belonging, build friendships, and experience a fun and an active lifestyle in a safe environment. That is something I want to see continue! This is just one reason I chose to #SwingFORECamp to support their cause. Please join my team [\[insert team name\]](#) or donate to my campaign page: [\[insert personal campaign page link\]](#)

General event announcement

1. I can't wait to #SwingFORECamp! I have accepted the @CampHeHoHa @hehoha1960 virtual Golf Challenge and will be golfing [\[insert rounds goal\]](#) round of golf [\[to help my team reach \[insert team rounds goal\] rounds\]](#)! I am raising money for summer camps for kids and adults with disabilities and raising awareness for Camp He Ho Ha. You can support me and learn more by visiting my campaign page: [\[insert personal campaign page link\]](#)
2. The #SwingFORECamp Challenge is a virtual golf challenge where teams and individuals golf 10 rounds for 10 weeks of summer camp!! [\[I will be participating with my \[insert type of group\] - \[insert team name\]\]](#)! I am raising money for adapted recreational programs designed to meet the special needs and interests of persons with disabilities. You can support me by donating at [\[insert personal campaign page link\]](#) and sharing the campaign page.

Why I am participating

1. I am participating in the #SwingFORECamp Challenge because I know how important specialized services are to people living with disabilities. As a [\[nurse, therapist, support worker, support group leader, someone with a disability, someone who cares for someone with a disability\]](#) I have seen firsthand the benefits of Camp He Ho Ha and the unique facility and programs they provide. Please help me raise awareness for Camp He Ho Ha and visit my campaign page at [\[insert personal campaign page link\]](#)

2. I am participating in the virtual #SwingFORECamp Challenge because I care about others. Attending Camp He Ho Ha is one time of the year where kids and adults with disabilities get to really enjoy activities like mini golf, fishing, rock climbing, and socializing with others like them in a barrier-free setting. Please consider supporting me by making a gift and sharing my campaign link: [\[insert personal campaign page link\]](#)
3. I am participating in the #SwingFORECamp virtual golf challenge because my [\[loved one\]](#) has [\[a disability/has been a camper there/ has always wanted to go to Camp\]](#). Specialized and inclusive facilities and programs for individuals with disabilities are rare in Alberta. At Camp He Ho Ha, my [\[loved one\]](#) can climb a climbing wall, go fishing, swim in a pool, and most importantly connect with others just like them. Please consider donating to my campaign to support @CampHeHoHa @hehoha1960 and increase access to these amazing programs. [\[insert personal campaign page link\]](#)
4. I am participating in the #SwingFORECamp Challenge in honor of my [\[loved one\]](#) who lives with a disability. [\[insert personal story, memory, reflection\]](#). Please consider supporting me by making a gift and sharing my campaign link: [\[insert personal campaign page link\]](#)

Disability Education/ Awareness

1. For Albertans living with disabilities it can be difficult to do certain activities or interact with the world. At Camp Health, Hope & Happiness this is NOT the case! At Camp children and adults with all types and degrees of disability are empowered to try new things and accomplish things they never thought possible. Camp's inclusive access and adapted programs mean the barriers typically faced by individuals with disabilities are removed. I am participating in the #SwingFORECamp virtual golf challenge to support the work of Camp He Ho Ha. Please join my team [\[insert team name\]](#) or donate to my campaign page: [\[insert personal campaign page link\]](#)
2. According to the Canadian Survey on Disability in 2017, 1 in 5 Canadians has some form of disability. This includes many people who have their daily living impacted by their disability and many who require access to specialized programs and services. That's why I am participating in the @CampHeHoHa @heheha1960 the #SwingFORECamp Challenge - to bring awareness to people living with disabilities and raise money to help them experience the inclusive specialized programs at Camp He Ho Ha. Learn more about my campaign and make a gift at [\[insert personal campaign page link\]](#)

The challenge has started

1. This week I will be golfing [\[insert weekly round goal\]](#) round(s) in the virtual #SwingFORECamp Challenge. From now until September 24, 2021, I will be golfing to raise money for Camp He Ho Ha's summer camps for kids and adults with disabilities. You can support me and learn more by visiting my campaign page: [\[insert personal campaign page link\]](#)
2. Throughout this golf season I will be golfing to support a different summer camp program at Camp Health, Hope & Happiness. I am participating in the #SwingFORECamp virtual golf challenge to raise money and awareness for inclusive programs for individuals with special needs at Camp He Ho Ha. My goal is to raise \$[\[insert fundraising goal\]](#) for these programs, will you help me? Please visit my campaign page [\[insert personal campaign page link\]](#) to donate and learn more!
3. Today I am golfing towards my goal of [\[insert rounds goal\]](#) rounds golfed in the #SwingFORECamp Challenge. You can support me and individuals with special needs

by donating to my campaign, sharing my page, or just dropping some words of encouragement! [\[insert personal campaign page link\]](#)

4. I started the #SwingFORECamp Challenge! Follow along with me over the 2021 golf season as my team and I try to reach [\[insert team goal\]](#) round of golf -for Camp! We are raising money to support barrier-free outdoor recreation services for children and adults with disabilities and raising awareness for Camp He Ho Ha. You can learn more and donate at my campaign page: [\[insert personal campaign page link\]](#)

After Golfing

1. I just finished my one round of golf for the #SwingFORECamp Challenge! 🏌️ 👤 Who can make the first donation? Donate now at [\[insert personal campaign page link\]](#)
2. Another round of golf complete for the @CampHeHoHa @hehoha1960 virtual #SwingFORECamp golf Challenge ✓ 😊! So far I have golfed [\[insert number of rounds\]](#) towards my goal of [\[insert total rounds goal\]](#). It feels great to stay active and support a great cause! Please consider donating to my campaign to make a difference in the lives of people living with disabilities: [\[insert personal campaign page link\]](#)
3. Another #SwingFORECamp round of golf done! [\[Describe why you chose to join the Swing Fore Camp virtual golf challenge\]](#). That's why I support @CampHeHoHa @hehoha1960 and their mission to provide adapted recreational opportunities for people with disabilities. Please consider donating to my campaign! [\[insert personal campaign page link\]](#)
4. I just finished another round of golf #SwingFORECamp and feel great! [\[Describe why you chose to join the Swing Fore Camp virtual golf challenge\]](#). Help me spread awareness about Camp Health, Hope & Happiness on Lake Isle He Ho Ha and raise money for a great cause - learn more and donate at [\[insert personal campaign page link\]](#)

Share your Camp story

1. [\[Insert personal story and connection to the cause. Think about a moment, experience, or how Camp He Ho Ha has impacted you. Tell your story\]](#). That is why I chose to #SwingFORECamp - to raise money for Camp He Ho Ha's programs and bring awareness to the needs of people with disabilities. You can learn more about my campaign and donate at [\[insert personal campaign page link\]](#)

Halfway through

1. We are halfway through the #SwingFORECamp virtual charity golf challenge! I have golfed [\[insert number of rounds\]](#) rounds and raised \$[\[insert dollar amount\]](#). Can you help me get to [\[insert fundraising goal\]](#)? Donate now on my campaign page! [\[insert personal campaign page link\]](#)
2. I am halfway finished the virtual #SwingFORECamp Challenge with @CampHeHoHa @hehoha1960 and have golfed for [\[insert number of rounds\]](#) rounds for individuals with special needs. So far, my amazing friends and family have donated [\[insert amount raised\]](#)! Can you help me reach my goal to raise \$[\[insert fundraising goal\]](#) to support fully inclusive recreation opportunities for Albertans living with a disability? Donate here: [\[insert personal campaign page link\]](#)

End of challenge

1. The #SwingFORECamp Challenge ends soon! I am only \$[insert amount away from goal] away from my goal! Can you help me raise \$[insert fundraising goal] to support @CampHeHoHa @hehoha1960 before time runs out? Donate here: [insert personal campaign page link]
2. The #SwingFORECamp Challenge ends tomorrow! My team has raised \$[insert team amount raised] of our \$[insert team fundraising goal] goal! Thank you to everyone who has donated - it means so much! ♥ There is still time to donate to my virtual campaign to support @CampHeHoHa @hehoha1960. Visit my campaign page at [insert personal campaign page link]
3. Woo hoo! I met my #SwingFORECamp golfing goal! This golf season I have golfed [insert number of rounds] rounds and raised \$[insert amount raised] to support fun summer camps for kids and adults with disabilities at Camp He Ho Ha. Help me celebrate reaching my goal by donating to my campaign: [insert personal campaign page link]

Thank you

1. Thank you so much to everyone who donated to my #SwingFORECamp campaign! With your help, I raised \$[insert amount raised] to support @CampHeHoHa @hehoha1960 and high-quality outdoor recreation overnight summer camping programs for children and adults living with physical and mental disabilities. Together, we are making an impact on the lives of individuals with disabilities and their families!
2. Wow! – thanks to everyone who donated to my virtual #SwingFORECamp campaign. I was able to raise \$[insert amount raised] to help individuals with disabilities increase their sense of independence and belonging. Thank you so much for supporting me and this terrific cause. It means so much!
3. Thank you to everyone who supported my #SwingFORECamp campaign. Because of the generosity of my friends and family, people with disabilities like my [loved one] can build friendships, accomplish goals, and experience a fun and active lifestyle in a safe environment. With your help, I was able to raise \$[insert amount raised] for Camp He Ho Ha. This means so much! ♥ My [loved one] and I thank you from the bottom of our hearts.