

EMAIL: Why I am Participating

SUBJECT:

My Disability Story/ My Disability Connection/ Why I am Participating/ Who I am Participating For

MESSAGE:

The Move, Groove & Improve Challenge started [insert how long ago]. I am participating [by myself or with my team, [insert Team Name]], to exercise for [insert number of minutes] minutes!

I am really excited to raise money and awareness for a cause that is so important to me. Programs to increase independence, try new things, and form meaningful friendships are vital for people living with disabilities. I know this because [insert personal connection: "My grandma/mom/friend/etc. has a disability, I have a disability].

[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's why I support Camp He Ho Ha and its mission to advance the cause of independence and inclusion for children and adults living with physical and mental disabilities by providing adapted recreational programs designed to meet their special needs and interests. They are passionate about overcoming the barriers that individuals with disabilities face in everyday life. Please consider supporting my campaign by donating to my fundraising page at [insert personal fundraising page link] or sharing it with your friends and family.

You can contact Greg at Camp He Ho Ha at greg@camphehoha.com if you need help making a gift or have any questions about Camp He Ho Ha.

Thank you for your support. It means the world to me, Camp He Ho Ha, and individuals with disabilities!

Sincerely,

[Insert Name]