



Celebrating **10 years** of cancer wellness
and **36 years** of Hope & Cope
Célébrations des **10 ans** du Centre de bien-être
et des **36 ans** de L'espoir, c'est la vie



Help cancer survivors with every step you take!

Join our team and be part of the very special 10th Annual Dorval, Sources and St-Henri Walk-a-thon in support of Hope & Cope's cancer exercise program.

**Sunday, September 10, 2017 from 9 a.m. – 3 p.m.
St. Maxime Park, Chomedey, Laval**

Want to have fun while making a difference for cancer patients? Lace up your walking shoes and participate in our family-friendly, 7 km walk, beginning at St. Maxime Park in Chomedey, Laval! Enjoy the fresh air and beautiful scenery, with several stops along the way to keep you well hydrated, cheering spectators as you cross the finish line and a chance to refuel and socialize at a lively barbecue.

Since all funds raised will support the amazing exercise program at the **Hope & Cope Cancer Wellness Centre**, this is an opportunity for you to have a positive impact on so many people with cancer...people who, with the help of **Hope & Cope**, are learning how exercise can help them feel stronger, physically and mentally.

In 9 years, thanks to the support of our generous friends, suppliers, clients and families, this event has raised a combined total of over half a million dollars.

Your minimum contribution of \$36 is tax deductible and will help ensure that we surpass last year's very successful edition. Please make your cheque out to **Hope & Cope** at the Jewish General Hospital. Every dollar counts!

If walking isn't your thing but you would like to participate as a donor or sponsor, please contact Anouline at Hope & Cope **514 340-3616** ext 212 or by e-mail: asintharaphone@jgh.mcgill.ca

Free Hope & Cope t-shirt for walkers who contribute a minimum \$36 donation.

**Join our Hope & Cope TEAM or make a donation.
Looking forward to walking with you!
Suzanne O'Brien, Hope & Cope Executive Director**

First Name _____ Last Name _____
Home address _____
City _____ Province _____ Postal Code _____
Tel () _____ E-mail _____

Company name _____ Is this a company donation? YES NO
Company address _____
City _____ Province _____ Postal Code _____
Tel () _____ E-mail _____

Donation by cheque or in cash Amount \$ _____ Cheque N° _____

Donation by credit card
Name on credit card _____ VISA MC AMEX
Credit card N° _____ Exp _____ / _____
Signature _____ Amount \$ _____