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**Join the MOVEment & support mentoring!**

**What?** Move for Mentoring

**When?** Anytime from May 21 to June 10, 2024

**Who?** Everyone is welcome to “MOVE” – register by yourself, as a group, as a family, friends, business, class from school, club. \*Everyone that “MOVES” will be entered to win a prize.

**Where?** Wherever you can get moving – maybe there is a regular activity you do already, maybe there is something new you want to try, just move.

**How?** Register yourself, team or group and start collecting $ for mentoring

**Why ?** For almost 30 years, Big Brothers Big Sister of Lloydminster has been serving children and youth in our community. Make a BIG difference in 2024.

With your amazing support, we can continue to create life changing mentoring relationships.

**Just like before, asking for friends and family support is easy—once you send the registration sheet you will receive the pledge form to collect pledges.**

**Can we challenge others?**

**Absolutely!** Set up challenges with your friends, family, coworkers , with other classes in your school, with other businesses that you know– see who can move the most and raise the most money.

**School Challenge** – challenge other classes/ schools to raise the most money while they move. The class that raises the most money will be awarded a prize.

**How to Keep Moving ( the possibilities are endless – just get moving)**

Gardening, walking, running, jumping on trampoline, playing sports, golfing, biking, swimming, rowing, gym or home workouts, aerobics, pickle ball, playing at the park, soccer, bowling . . . whatever your activity of choice might be, Pick something you already love to do or try something new.

**Want to join the MOVEment and register to take part, or be a sponsor or donate a prize?**

**Contact us here: email:** [**jacqueline.weed@bigbrothersbigsisters.ca**](mailto:jacqueline.weed@bigbrothersbigsisters.ca)

**or give us a call 306 825 5757**