




To benefit The Community Hospice

HIGH FIVE

5 Easy Tips for getting your Workplace Involved

1. Make a display telling everyone why you are walking, what your goal is and update your progress.
2. Ask your co-workers to join you - start a Walk Team at work*
3. Give out Blue Ribbons to everyone who makes a donation.
4. Spotlight the team member who got the most donations or collected the most donations for you during a specific week with a free lunch.
5. Find out if your company offers a matching Gift program. You could double your pledges!



**Great
Idea!**

***Start a Walk for Hospice Team at work.** At lunch, make time to walk together for 30 minutes. Not only is it great exercise, others will notice and it is an easy way to recruit new team members. Most of hospice's programs focus on health and wellness. Walking is marvelous exercise. It relieves stress and walking with friends creates a bond of support. No matter how much you raise, walking with friends is an investment in **YOU** - remember to always take time and make time to practice good self care.