

WALK FOR HEALING

APRIL 29 - JUNE 9, 2024

JOIN ANYWHERE,
ANYTIME, FOR 6 WEEKS

May is
**Global Employee
Health & Fitness Month**

The goal is to promote the benefits of a healthy lifestyle through worksite health promotion activities.




All sponsors may use our tool kit for a positive employee experience.

- BENEFITING -

HOSPICE
SLO COUNTY

NON-MEDICAL VOLUNTEER SUPPORT
AND COMMUNITY GRIEF CENTER

2024 SPONSORSHIP PACKAGES

LEVEL	IMPACT	MARKETING BENEFITS
PLATINUM \$5,000	Funds 170 Hours of In-Home Support for clients and their families	<ul style="list-style-type: none">Personalized to meet your marketing expectations. Logo included on regional television spots, press releases, event website, emails, invites, posters, and flyersThanked in social media and e-marketing promotionsLogo with hotlink on Hospice SLO County website20 free Participation Entries for your business 
GOLD \$2,500	Funds an 8 week Support Group for 33 individuals	<ul style="list-style-type: none">Logo included on event website, emails, invites, posters & flyersThanked in social media and e-marketing promotionsLogo with hotlink on Hospice SLO County website12 free Participation Entries for your business 
SILVER \$1,000	Funds 4 Community Grief Response consults for businesses	<ul style="list-style-type: none">Logo included on invites and flyersThanked in social media and e-marketing promotionsLogo with hotlink on Hospice SLO County website8 free Participation Entries for your business 
BRONZE \$500	Funds 10 Grief Counseling Sessions	<ul style="list-style-type: none">Thanked in social media and e-marketing promotionsLogo on Hospice SLO County website4 free Participation Entries for your business 

IN 2023, SLO COUNTY WALKED, BIKED, JOGGED, RAN, SWAM AND RAISED \$ 51,818.



WALK FOR HEALING 2024

Business Participation Ideas

May is Global Employees Health and Fitness Month. The goal is to promote the benefits of a healthy lifestyle through worksite health promotion activities. Here are some ideas for a positive employee experience from Morris & Garritano Insurance, whose employees have participated in *Walk for Healing* since its inception.

Build your team:

1. Become a Sponsor of *Walk for Healing* and receive free registrations for your staff. (The number of registrations depends on the level of sponsorship). Then, pick up the tab for any registrations past your sponsorship limit. This is impactful to your staff and shows that you support Hospice SLO County and **are invested in your employee's wellbeing.**
2. If you are not a sponsor, you can still have a business team and pay your staff registration fees. (\$30 per person)
3. Set a goal to donate \$1 for every mile your staff logs up to \$1,000. (Or a limit you are comfortable with.)
4. Split the responsibilities throughout your team so it doesn't all fall to one person to facilitate.

Email communication:

1. Send an initial communication/save the date to your staff. (What it is. How you participate. Whom it supports. Offer of prizes, if any.)
2. Then follow up with your Leadership Team and ask for their support in encouraging participation.
3. Send an email to your staff announcing the opening of the registration site. (April 15, 2024)
4. Host a challenge kick-off with all participants.

Other fun activities:

Question of the Day to engage people. Some examples:

- ☐ What is your favorite walking shoe?
- ☐ Who is your favorite walking partner? (human or animal answers are acceptable)
- ☐ Where is your favorite place to walk?
- ☐ What music do you listen to when walking?

Team Progress Updates

Share photos from your walk

Post on Social Media

BINGO (see attached)

Celebrate at the end! Award prizes for various accomplishments like Most Miles, Most Money Raised, BINGO Winner, Biggest Hype Person, Most Consistent

Share accomplishments with all of your staff and clients.



#walkforhealing2024
#hospiceslocounty

WALK FOR HEALING

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BINGO FOR BUSINESSES

As you are out and about on your walks, keep an eye out for these items.

Mark them off as they happen. *NOTE: You can only mark one square per walking session.*

Pet a dog	10,000 steps in one day	Walked somewhere new	Walked with a friend	Saw wildlife
Laced up your sneakers	Put on sunscreen	Crossed more than 5 streets	Walked before work	Got a snack while out
Walked with someone new	Walked up a hill		Walked 7 days in one week	Listened to music or podcast
Walked on a nature trail	Walked after work	Saw wildflowers	Walked for 30 minutes	Walked outside
Took a photo	Saw a colorful front door	Saw someone on a bicycle	Saw a cat	Walked during lunch

Hospice SLO County

2024 WALK FOR HEALING

SPONSOR COMMITMENT FORM

Select Level:

☐ **Platinum.....\$5,000**

☐ **Gold.....\$2,500**

☐ **Silver.....\$1,000**

☐ **Bronze.....\$500**

Benefiting:



Due April 1, 2024

Sponsor Information:

Company/Individual Name: _____

Main Contact: _____

Title: _____

Email: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Website: _____

Payment Information: (check one)

☐ **Payment by: Credit Card**

☐ Yes, I want to cover the 3% transaction fee so 100% of my donation goes to Hospice SLO County

Amount: _____ Credit Card# _____ Expiration: _____

CODE: _____ Signature: _____ Date: _____

Charge this credit card on this date: _____

To provide us with your credit card information via phone, please call (805) 544-2266.

☐ **Payment by: Check** payable to: Hospice SLO County

Attn: 2024 SPONSORSHIPS

1304 Pacific Street, San Luis Obispo, CA 93401

☐ **Bill me.** Send me an invoice prior to the event.

Please return this form by mail, fax: (805) 544-6573 or email: juneaiello@hospiceslo.org

Hospice SLO County Tax I.D. #95-3195126