

# ABOUT THE HIKE

Enjoy a beautiful 2 km or 4 km walk on the gently rolling trails at Providence Farm (not up Mt. Tzouhalem!) or take a meditative stroll through the Labyrinth.

Feast on a complimentary BBQ lunch donated by the Malahat Lions. You may also enjoy a relaxing foot spa for a minimum \$5 donation.

**Back by popular demand:**



Face painting and toe tapping music by Bill Levity and friends!

*Leashed pets are welcome.*

## Schedule

10:00am	Sign in, hand in pledge forms and all pledges Foot Spa (min \$5 donation) Labyrinth
10:30am	Welcome & Hike Time!
11:30am	BBQ Lunch, live music, prizes
1:00pm	Event wraps up!

# PRIZES

## Fundraising Tips

- Team up with friends
- Make it easy—offer to pick up cheques, or send a link for on-line donations
- Use social media
- Use hospice resources, pamphlets, posters, brochures
- Follow up, only no means no!
- Hold events; garage sale, bottle drive, bake sale, book sales
- Share your story, why you are involved - people relate to personal experiences
- Make sure you say Thank You!

## How to Raise \$500.00 in a week :

1. Start by sponsoring yourself for \$25
2. Ask three family members to sponsor you for \$25
3. Ask five friends to donate \$15
4. Ask five co-workers to sponsor you for \$10
5. Email 15 people and ask for a \$10 donation
6. Ask your company for a \$75 contribution
7. Ask two businesses you frequent for \$25 to support you



## Your generosity

provides caring emotional support for Cowichan families living with an advancing illness or grieving the loss of a loved one

**THANK YOU!**

## Your Page

Who to call, Follow ups etc.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## Did You Know?

- Your participation in Hike for Hospice helps deliver compassionate care to Cowichan families at no charge
- Hospice cares for and advocates for the dying, their caregivers and the bereaved
- Your support ensures a strong voice in the development of end of life and bereavement care as the Cowichan Region grows and the population ages

*You were an anchor for me in  
a confusing, tumultuous sea.  
Your listening and gentle  
encouragement were huge gifts  
to me. M. (Ladysmith)*

~

*I was overwhelmed by the  
kindness and compassionate  
care taken by these volunteers  
not only for my husband, but  
also for me. S. (Duncan)*

~

**Thanks to the generosity of our  
community, Cowichan Valley  
Hospice serves 800 Cowichan  
residents each year  
free of charge**

## Register

Online  
[cowichanvalleyhospice.org](http://cowichanvalleyhospice.org)

For Assistance  
**250.701.4242**  
(1.888.701.4242 in Ladysmith)  
or  
[events.cvhs@shaw.ca](mailto:events.cvhs@shaw.ca)

## Prizes

For pledges collected by individuals\*

**\$150:** Stainless steel water bottle

**\$300:** 2 **Reel Alternatives** tickets & water bottle

**\$500:** Lunch for two at **Vinoteca** & water bottle

**\$800:** 2 **Reel Alternatives** fall film series vouchers (5 films for two people) & water bottle

**\$1200 or more:** Dinner for two at **Hudson's on 1st** & water bottle

**Top Team:** Take your whole team for a locally crafted brew and appetizers at the **Craig Street Brew Pub** and then catch a **Reel Alternatives** film together.

Some alternative prizes are available for youth and families.

**To increase the impact of your fund raising, you may choose to decline your prize.**



## Contact Us

Cowichan Valley Hospice  
3122 Gibbins Road  
Duncan BC V9L 1G2  
250.701.4242 (1.888.701.4242 in Ladysmith)  
[events.cvhs@shaw.ca](mailto:events.cvhs@shaw.ca)  
[cowichanvalleyhospice.org](http://cowichanvalleyhospice.org)  
BN# 11887 8388 RR0001

# 6th Annual



## Hike for Hospice at Providence Farm

**Sunday MAY 4, 2014**

**10 am - 1 pm**

A 2K or 4K Walk to

Raise Awareness and Funds for  
Hospice Care in Cowichan



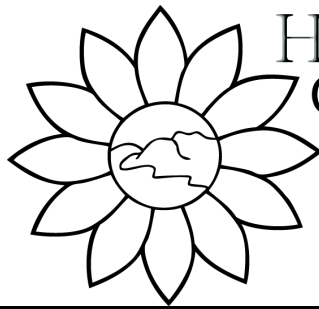
**REGISTER NOW at**  
[cowichanvalleyhospice.org](http://cowichanvalleyhospice.org)

Individuals and Teams



Cowichan Valley  
**Hospice**  
Society

Sunday May 4 2014  
 10am-1pm  
 Providence Farm



Hike For Hospice  
 Cowichan Valley

Hospice  
 Society

All pledges must be handed in before the Hike to be eligible for incentive prizes. We will have on-line donation totals for you at the Hike. Receipts will be issued for pledges \$20.00 and up.

Sponsor Name	Phone	Mailing Address	City	PC	Email	Amount	Paid
Total							

Name: \_\_\_\_\_ e-mail Address \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Postal \_\_\_\_\_

If you are a member of a team TEAM: \_\_\_\_\_ CAPTAIN: \_\_\_\_\_