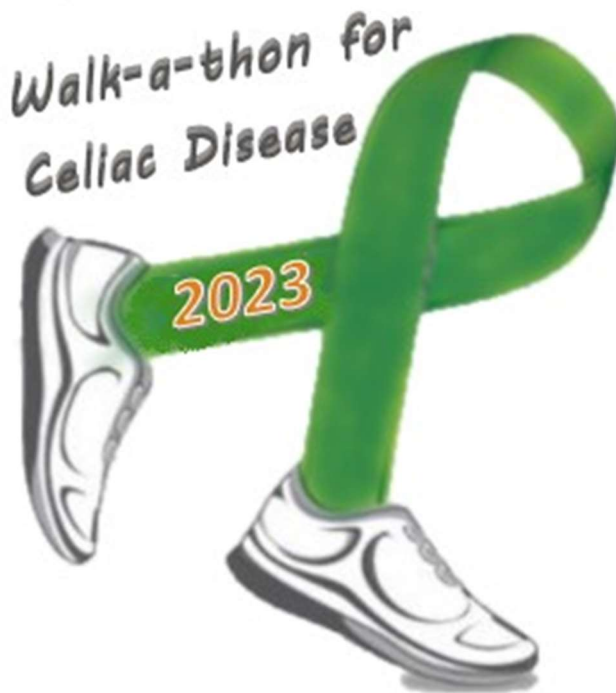


**Manitoba Chapter of the
Canadian Celiac Association
23rd Annual
Blended
Walk-a-thon & BBQ**



We are inviting you to participate EITHER in person or virtually in our 23th Annual Walk-a-thon!

**The Manitoba Chapter of the Canadian Celiac Association
will have its Walk-a-thon at Assiniboine Park**

ON JUNE 3rd 2023.

**To the members of Manitoba Community who live with Celiac
Disease,**

We are asking for individuals to help us reach our goal of \$2500 for the Manitoba CCA Chapter over the next few weeks. A portion of the money raised will be going to Harvest Manitoba Gluten Free Food Bank Hamper Initiative. These funds also go toward covering our operating costs for our office space and to provide support meetings for those living with Celiac Disease in Manitoba.

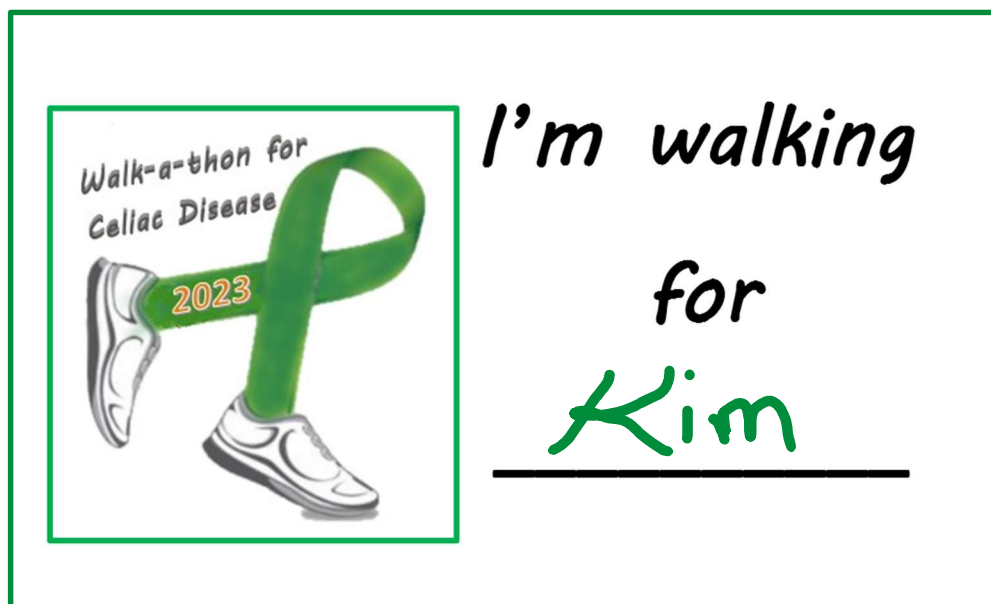
We would like individuals to collect pledges from friends, family, and co-workers on the pledge form below for an activity that bring awareness to those living with Celiac Disease. Pledge forms can be brought to the in-person event on JUNE 3, 2023 or can be mailed in with a cheque or can be submitted electronically via email and e-transfer, no later than June 30, 2023.

Please see attached pledge form and collect pledges offline.

Ways to Participate Remotely:

Let's stand strong together and show how many families are living with Celiac Disease by placing this sign in our windows.

You can also hold up the sign in your videos and carry it with you on your Walk. The sign can be for Winnipeg Harvest or for a family member or friend who suffers from Celiac Disease.



Please see attached printable sign.

Here are some other creative ideas to get you started!

- do a dance
- sing a song
- tell a story or joke
- show off your pedometer steps
- take the dog for a walk
- jump on the trampoline
- bake or cook something special that is GLUTEN FREE (mmmm gluten free ribbon cookies)

Record and Post a Video! Use your mobile device to record a 30-90 second video showing what you are doing to participate in the online walk or take photos. These can be posted on the Facebook Page and/or can be added to our website if sent by email.

Some things to mention in your video:

- the full name of the walk: Manitoba Chapter of the Canadian Celiac Association Virtual Walk-a-thon
- why you are participating and/or who you are participating for
- if you are doing a challenge, issue the challenge to others
- your fundraising goal if you personally have one

Participants please mail your pledge form by June 30 2023 to the

**Canadian Celiac Association - Manitoba Chapter
204-825 Sherbrook Street,
Winnipeg, Manitoba
R3A 1M5
(cheques only please, no cash in the mail)**

**Or by E-transfer:
office@manitobaceliac.ca**

With a submitted form attached to an email with the security question answer MBCELIAC

We can also arrange for an in person pick up of pledge materials and donations.

If you would like to just donate to the Manitoba Chapter it can be done through the Canada Helps link found on our website