

10 DAYS AND 10 WAYS TO \$1,000

Every dollar you raise for the Rise Up Against Addiction Walk brings us closer to ending the addiction crisis in the U.S. But where do you start? **Take the \$1,000 challenge TODAY!**

MAKE A PERSONAL GIFT

Lead by example and kickstart your efforts with a \$50 donation. Your friends and family will be more likely to give if you give.

DAY 1: \$50

YOUR COMMUNITY

Ask three businesses to donate \$25. Coffee shop, dry cleaner or gym. Recently bought a home or car? Ask your realtor, mortgage broker or car dealership to support you.

DAY 3: \$375

FRIENDS GIVING

Ask 10 friends to make a \$25+ donation. If someone is unable to donate, ask if they will share your fundraising page on Facebook.

DAY 5: \$650

LET'S GET SOCIAL

Create a Facebook Fundraiser in your participant center and share your link on Twitter, Instagram and LinkedIn.

DAY 7: \$800

NEIGHBORLY LOVE

Ask 4 neighbors for \$25 or more. Drop a note in their mailboxes with your custom QR code connecting them to your fundraising page.

DAY 9: \$950

DAY 10: \$1,000

KEEP IT IN THE FAMILY

Ask 5 family members to match your \$50 donation. Text the link to your personal fundraising page!

THROW BACK

Ask someone whose cause you have supported for \$25 or more.

CO-WORKERS

Ask 5 co-workers to donate \$25 each. Send a Monday morning email with the link to your fundraising page.

COMPANY

Ask your company to match your \$50 donation. Or ask your boss to make a donation to your efforts.

OUT OF OFFICE

Taking a day off? Change your out of office message to include a link to your fundraising page.