"The Distress Centre of Windsor-Essex County exists to provide emergency crisis intervention, suicide prevention, emotional support, and referrals to community resources by telephone to people in Windsor and the surrounding area". Call 519-256-5000 between 12 noon and 12 midnight for FREE, ANONYMOUS support!

Distress Centre of Windsor-Essex County
PO Box 2025, Windsor, ON N8Y 4R5
support@dcwindsor.com
www.dcwindsor.com
(519) 256-5000

The City of Windsor Walk-A-Thon : Supporting The Distress Centre of Windsor-Essex County

Walk off some of your stress with the Distress Centre of Windsor-Essex County's 3rd Annual Walk-A-Thon Fundraiser!

When - Monday, May 18th, 2009 (Start time - 10 am)
Where - Windsor Riverfront (Start location - Assumption Park on Riverside Drive West)

Name of Participant: _____
Phone Number: _____
Email Address: _____
Mailing Address: _____

IT'S FUN AND EASY!!!
Step 1 - Get Registered
Step 2 - Get Sponsors
Step 3 - Get Walking!

Total Pledges: _____
Minimum $25 pledges per participant please

Total Collected: _____
Official Donation Tax Receipts available for donations above $20.00 CAD

Donor's Name	Phone Number	Mailing Address	Pledge	Paid	Receipt

Photocopy pledge sheet if needed.

To register, please email us at "dcwalkathon@gmail.com" with your name, phone #, and T-Shirt size (S/M/L/XL/XXL) by 12 PM on Friday, May 8th, 2008.
* Collect more than $40 in pledges and receive your T-Shirt for FREE ($10 if less than $40 in pledges)
** Special Thank You gift to all who collect more than $100 in pledges
*** Grand Prize to the person who collects the most in pledges for this event