



You are a critical piece to the success of the 2019 Rise Above Seizures Walk!

Thank you for joining our team of 3,500 walkers coming together as a powerful force to rise above seizures.

Did you know demand for EFMN's services is up 20% just in the last year? Funds raised at our annual Rise Above Seizure Walk ensure that people across Minnesota & eastern North Dakota receive the support and resources they need. This year our goal is to raise \$200,000 from our communities in and surrounding Duluth, Fargo, Rochester, St. Cloud, and the Twin Cities. Walks in each of our regional cities will proudly take place on August 1 and in the Twin Cities metro on September 21. Together, we all can make an impact in each of our communities.

As a Rise Above Seizures Walk team captain or participant, your passion drives your team toward your fundraising goal, and we can help you every step of the way. Enclosed are the following:

- Team Captain Packet
 - Event Details
 - Outreach and Development/ Walk Contacts
 - Frequently Asked Questions
 - Team Captain Checklist
 - Fundraising Tools
 - Tips for using social media
- Donation envelope to track your cash/check contributions (turn in at the event)
- Receipts for cash donations to give to your donors
- Check deposit slips (for donations mailed before the event)
 - Please remember donations to your team can also be made at efmn.org/walk

All resource tools are also available at efmn.org/walk.

Interested in submitting a **matching gift request**? Contact tflynn@efmn.org or 651.287.2324.

Need help? Contact your local Regional Coordinator or Keri Olufson at kolufson@efmn.org or 651.287.2330.

Many thanks for your generous contributions of energy, passion and commitment to the EFMN mission. Together, we'll create a world where people with seizures realize their full potential!

Sincerely,

A handwritten signature in black ink that reads "Heidi L. Fisher".

Heidi L. Fisher
EFMN Executive Director