2026 walks MINNESOTA

SEVEN DAY CHALLENGE:

How to raise $500 in seven days!

DAY 1: Register & Sponsor Yourself! **$50**

DAY 2: Ask FIVE Relatives for $20 **$150**

DAY 3: Ask FIVE Co-workers for $10 **$200**

DAY 4: Ask FIVE Friends for $20 **$300**

DAY 5: Ask a local club or business for $100 **$400**

DAY 6: Ask your employer for $100 **$500**

DAY 7: CELEBRATE YOUR SUCCESS! **$500**

Check each box when complete!

efmn.org/walk
#StrongerTogether

UNITED IN EPILEPSY Regional Walks

EPILEPSY FOUNDATION MINNESOTA