

GET UP



NOV
1-10
2022

Raise \$250 without breaking a sweat

\$25

Make a self-pledge

Lead by example! Make a self-pledge of \$25 to kick-start your fundraising. This will show your commitment to potential donors and they will follow your lead.

\$100

Connect with your family

Your family will be so proud to hear that you are participating in GetUP and supporting your community! Connect with five family members and ask them to donate \$20 each. That's another \$100!

\$25

Talk to your workplace

Many companies offer a matching gift program. Find out if your workplace will match your self-pledge of \$25—and if they want to start a company GetUP team.

\$60

Fundraise on social media

Post on Facebook, Twitter, Instagram and LinkedIn about your participation in GetUP 2022 by tagging [@UWGreaterTO](#) and using [#UP4COMMUNITY](#). Include a link to your personal fundraising page and ask your network for donations of \$10. No amount is too small! If you receive six donations of \$10, you have raised another \$60.

\$40

Ask your friends

Reach out to your friends by sending them emails through your Participant Centre. It's super easy! Email six friends and if just four of them make \$10 donations, you have added another \$40 to your fundraising total. (And don't forget to ask them to join you in getting UP for community!)

That's all it takes to raise \$250 for GetUP!



WORKING WITH
COMMUNITIES IN
PEEL, TORONTO &
YORK REGION