

WALK GIVE



SUNDAY, OCTOBER 11 - SATURDAY, OCTOBER 17



2020 VIRTUAL HOPE WALK GUIDE

WWW.HOPEWALKBAYAREA.NET

OVERVIEW

Our 6th Annual Hope Walk has gone virtual! In an effort to limit exposure to COVID-19, Cancer Support Community is inviting you to register, walk, and fundraise in the safety of your own neighborhood or community park. We hope you will bring the same excitement and energy to your neighborhood as you would our in-person event at Heather Farm Park. Please be sure to participate safely by following CDC social distancing and mask protocols.

WHERE, WHEN, HOW, (AND WHY!)

WHERE

Wherever you are! In the safety of your own neighborhood or community park.

WHEN

Sunday, October 11 – Saturday, October 17. Walk any distance, on any day(s)!

HOW

Go to www.hopewalkbayarea.net and register to walk. The \$25 registration fee includes an event t-shirt!

The video portion of the event will be shown on our [YouTube channel](#). Tune in Saturday, October 17th to watch, or [subscribe now](#) and the videos will be delivered to your inbox.

8:30 - 9:00 am - Pre-show reel featuring sponsors and photos

9:00 - 10:00 am - Main Event Program

WHY

Cancer Support Community (CSC) wouldn't be here without the generosity of our community. For 30 years CSC has provided help and hope to people facing cancer, completely free of charge. Since the beginning of the pandemic all of our services, including support groups, exercise programs, and educational workshops are all being offered virtually. For more information on how to access our free, virtual programs, please visit www.cancersupport.net. We may be apart, but we are still facing cancer together.



QUESTIONS?

If you have any questions about how to participate, please contact Carol Louisell at clouisell@cancersupport.net or 925.953.1209.

SHIRTS & SWAG BAGS

Once you are registered, your event t-shirt and swag bag will be available for curbside pick-up at Cancer Support Community in Walnut Creek, during the days and times below.

Thursday, October 8 from 1:00 pm – 5:00 pm

Friday, October 9 from 9:00 am – 1:00 pm

Saturday, October 10 from 10:00 am – 2:00 pm

Friday, October 16 from 10:00 am – 5:00 pm

Cancer Support Community, 3276 McNutt Avenue, Walnut Creek 94597

LET'S GET SOCIAL!

#WHYIHOPEWALK

Add the hashtag #WhyIHopeWalk to your posts on any of the social media channels (Facebook, Twitter, Instagram, etc.) and share with your followers why participating in our Hope Walk is important to you. If your posts are public, we may share them on our Cancer Support Community channels!

Never added a hashtag to your posts on Facebook, Twitter, or Instagram before? Don't worry, it's easy! Adding a hashtag makes it easier for us to find all of the great photos everyone has posted from the Hope Walk. Just type in the hashtag phrase as you see it above (make sure to include the # symbol and don't type any spaces or special characters).

FACEBOOK PROFILE PHOTO FRAMES

Add a fun virtual Hope Walk themed frame to your Facebook profile picture! You can access these by going to update your profile picture, clicking "add frame," and searching "Cancer Support Community."

TAG US!



@cscbayarea



@cancersupportsf



@cancersupportsf



Cancer Support Community San Francisco Bay Area

If you don't use social media, or would rather not post, you are welcome to send photos to hopewalk@cancersupport.net and we can share them on CSC channels.

Please note, sending content to this email address and using the hashtag, gives CSC consent to share the images and potentially use in future marketing materials.

FUN & GAMES

Looking for a little extra inspiration or a fun activity for your Hope Walk team? Use the bingo card or 7 Days of Good Deeds below!

BINGO!

WALK 3 DAYS IN A ROW	READ FOR 3 HOURS IN A WEEK	MEDITATE 3 TIMES IN A WEEK	SEND 3 EMAILS OR SOCIAL MEDIA POSTS ABOUT HOPE WALK	ADD A PHOTO TO YOUR HOPE WALK PAGE
WALK 5 HOURS IN A WEEK	READ FOR 30 MINS. TODAY	ASK 10 PEOPLE TO REGISTER OR DONATE	EXERCISE FOR 3 HOURS IN A WEEK	SEND* US 3 PHOTOS OF YOU WALKING IN THE WILD
ASK 3 PEOPLE TO REGISTER OR DONATE	WALK 30 MINS. TODAY	ASK 20 PEOPLE TO REGISTER OR DONATE	SEND AN EMAIL OR SOCIAL MEDIA POST ABOUT HOPE WALK	SEND* US 5 PHOTOS OF YOU WALKING IN THE WILD
SEND* US A PHOTO YOU'D LIKE US TO SHARE	ASK ONE PERSON TO REGISTER FOR THE HOPE WALK	CREATE A HOPE WALK TEAM	SEND 5 EMAILS OR SOCIAL MEDIA POSTS ABOUT HOPE WALK	CREATE 3 POSTS WITH #WHYIHOPEWALK
TAKE A PHOTO WITH PURPLE FLOWERS	CALL ONE PERSON TO ASK HOW THEY ARE DOING	EXERCISE FOR 30 MINUTES	TAKE A PHOTO IN FRONT OF A TREE	CREATE 10 POSTS WITH #WHYIHOPEWALK

*EMAIL IMAGES TO HOPEWALK@CANCERSUPPORT.NET

7 DAYS OF GOOD DEEDS

- 1 - **S**END A HANDWRITTEN NOTE TO A FRIEND
- 2 - **U**NDERTAKE A CHORE YOU'VE BEEN PUTTING OFF
- 3 - **P**AY SOMEONE A COMPLIMENT
- 4 - **P**RACTICE MINDFULNESS
- 5 - **O**FFER TO HELP SOMEONE
- 6 - **R**ECOGNIZE THE GOOD IN OTHERS
- 7 - **T**AKE A WALK

MANY THANKS TO OUR SPONSORS!

CO-PRESENTING:



PLATINUM:



GOLD:



SILVER:



BRONZE:

- BEACON HOME CARE • CARLTON SENIOR LIVING • MARZEL'S INC.
- TAKEDA ONCOLOGY • VITAS HEALTHCARE • WALNUT CREEK NATUROPATHIC

MEDIA:



SPECIAL THANKS TO OUR EVENT CO-CHAIRS AND COMMITTEE MEMBERS!

This event was led by volunteer co-chairs Dana Chloe Morgan and Emmy So. We are so grateful to them for the time and great care they took in leading us through planning this event. Thank you, Dana Chloe and Emmy!

Big thank you to our Hope Walk committee members for volunteering their time and showing great dedication to Cancer Support Community. They are what make our community and the Hope Walk such a success!

Joy Arpon
Monica Bonnington
Joellen Brooks
Jerry David
Marcia David
Tony de Losada
Katherine Dureault
Amy Goodheart
Ann Graybehl
Mark Gross
Patrick Gutierrez
Kathee Hartley
Stacy Hernandez
Art Jacobsen
Pat Kiesle
Dana Chloe Morgan
Nancy Morse
Cheryl Nobusada
Cindy O'Connor

June Parina
Susan Pungpravat
Vickie Reese
Barbara Robacker
Andrew Schwartz
Nancy Senior
Sara Shafiabady
Sara Shirazi
Anjali Sibley, MD
Pamela Smith-Noel
Emmy So
Rhonda Sorenson
Lisa Spivey
Ali Stoddard
Mariel Thompson
Angela Triolo
Megan Vinson
Dave Weingart
Stu Werner

HOPE WALKERS IN THE WILD



#WHYIHOPEWALK