

Hi [name],

This June, I'm participating in the Charity Challenge for Spinal Cord Injury BC and will be [insert fitness goal]!

If you haven't heard of [Spinal Cord Injury BC](#) (SCI BC), they are a non-profit organization that helps people with spinal cord injuries and related disabilities adjust, adapt and thrive. I was introduced to SCI BC by [insert personal connection if relevant] and I can vouch for the amazing work they do for over 2,900 individuals across BC living and aging with a physical disability.

Every year, SCI BC takes part in the [Charity Challenge](#) to raise money for their programs and this year, I've decided to join them!

Will you help me reach my fundraising goal?

Donate to my personal fundraising efforts

SCI BC is aiming to raise a total of \$80,000 to support people with spinal cord injuries and related disabilities. Your generous support will help change lives—and every little bit counts!

Donate now: [insert personal fundraising page].

Join the team

Want to walk, wheel or run with us? Email Krystyna at kpangilinan@sci-bc.ca to join. There will be prizes along the way, friendly competition, and an awesome race day in Vancouver (or you can participate virtually in your own community).

Share the cause

Share the link to our [Team SCI BC donation page](#) and help spread the word on social media! Reach out to friends or family and let them know about this important cause.

Thanks for taking the time to read this email and I hope to hear from you soon — you're the best!

[Your Name]