



in support of
St. Joseph's
Healthcare & Hamilton
FOUNDATION



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A RIDE FOR RESEARCH



WALK, RUN OR RIDE WITH TEAM ST. JOE'S

We're extremely fortunate to be supported so strongly by our Hospital staff – in 2019; over \$150K was raised by hospital teams through the Around the Bay and Paris to Ancaster! Thanks & congratulations!

As we strive to continue to raise funds for St. Joseph's Healthcare Hamilton, we are putting the call out for department teams and individuals to register and fundraise in both the **Around the Bay** and **Paris to Ancaster: A Ride for Research**.

If you were not already aware, teams that raise \$10K or more – such as Team ICU, Team FIRH, Team Interventional Radiology, Team EM Allstarts Team Nephrology, Team Cardiology, Team HREI and more all did in 2019 – will have the funds they raised directed back to their department for an approved research project.

Here's how your Department Team can get started:

1. Register for the race and set up your fundraising teams at www.stjoesfoundation.ca/ATB or www.stjoesfoundation.ca/P2A
2. Recruit colleagues, friends, and family to join your team.
3. Fundraise and win great incentive prizes!



For more information, please contact:

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THANK YOU FOR YOUR SUPPORT!