

Do You Have Pep In Your Step Yet?

Amanda Carter, Event Coordinator



LifePath offers thanks to Northfield Mount Hermon School for hosting the 19th annual benefit concert in support of local programs and services that assist older adults, individuals with disabilities, and caregivers as they seek, find, and extend their options for independence. On Sunday, February 19th, guests experienced a wonderful afternoon of inspiring music from the NMH Instrumental Ensembles. We feel fortunate to be the recipient of the generosity from NMH and the donors who give in appreciation for talented musicians and LifePath's mission.

Thank you.

The Path for Life Walkathon is just two short months away! At LifePath, we are getting excited!!

If you have not joined or started a walking team for "The Path for Life" Walkathon 2023, it is time!

Fun fact! It is scientifically proven that walking boosts energy levels that result in the ability to live a fuller life. A number of ten-minute (or longer!) walks over the course of a week can do wonders for your overall health.

When you become part of a walkathon team, your walking pals can keep you company AND hold you accountable. For those of you who are already on your walking journey - Hurray! Keep going! For those of you who need a little boost to get going, reach out to LifePath for a little encouragement at giving@lifepathma.org. We'll send you a virtual pep talk!

Scan this code for more event information and to register. And don't forget to



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The Path for Life Walkathon: How will you step into the years to come?

Carol Foote, Outreach and Development Director
giving@lifepathma.org, 413-829-9199



We'd like to recognize these sponsors at the \$1000+ level.

It's true! All Walkathon participants will be stepping foot into the 31st year of this annual event. What inspires you to get involved?

- Is it the social connections that happen as you walk with friends?
- Could it be the competition around raising funds for LifePath?
- Or maybe is it that you appreciate what LifePath provides to the community?

Whatever your motivation, we are glad to welcome you back in support of the older adults, individuals with disabilities, and caregivers served by our agency. Each year we are so proud of this effort that is anchored in goodwill for LifePath and the work we do.

Our plan is to be together on Saturday, May 6, outside, at LifePath's office at 101 Munson Street in Greenfield. Here are a number of ways to participate:

Businesses

Sponsorship is the backbone of this event. If you've been a sponsor - come back! Or join for the first time! This year's sponsorship opportunities will start at \$250 and will again feature an option to be with us on event day - bring your table and materials demonstrating your commitment to LifePath and this community. Come be recognized as a company that cares about the quality of our lives as we age in this community like Greenfield Savings Bank, Bete Fog Nozzle, Davis Financial, Liberty Tax, Montague B.P.O.E. Elks #2521, NMH School, ProsperiTea Planning, Renaissance Builders, Smith-Kelleher Funeral Home, and Witty's Funeral Home.

Teams and Individual Fundraisers

It's time to gather your team members, call on your donors, and do what you do: craft and send email messages, make

phone calls, and walk! Asking and giving may again be done through an online personal fundraising link, through the website, or by using donation sheets. Share your activity on social media (Facebook! Instagram! Twitter!) to secure more support. Our hope is to have all of the teams return and sign on new teams from schools, social organizations, businesses, and more. (Know someone looking for a great project that will keep them moving?) We can't say it enough - you are the heart and soul of this event. We are so grateful for your spirit, effort, enthusiasm and generosity.

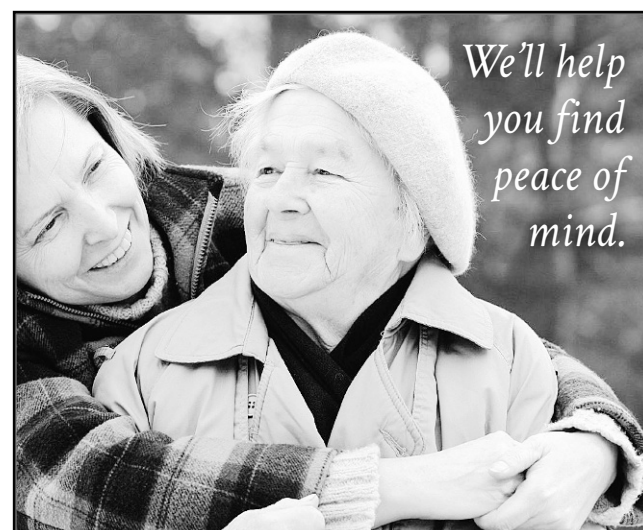
Donors

We are always heartened when we see gift after gift come through in support of the walkers and, in turn, in support of LifePath. Thank you for saying "yes" with your gift when a walker asks for your support. Your response is one reason why walkers put forward the effort - you make it easy to take on responsibility for the well-being of people they do not know. What a remarkable outpouring of humankindness from both donor and walker.

Community Partners

We depend on each other each day and when we stand together, we change the lives of more people. Because of this, we want to celebrate our partnerships. Like sponsors, we're looking for you to join us on event day and set up a table to promote your organization. Help us tell the story of why this collaborative community is a great place to grow older together.

Help to make our 31st year one to remember! For more information about the 31st annual Walkathon event, please visit LifePathMA.org/Walkathon.



We'll help you find peace of mind.

You care so wholeheartedly and do so much, but sometimes it's hard to do it all.

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