Thank You!
YOUR support makes a difference in the lives of people facing a terminal illness.

Presenting Sponsor:
Dello Russo
Family Funeral Homes

Platinum Sponsors:
COMMON TRUST
FEDERAL CREDIT UNION

SBLI

Presented By:
Irish American Club of Woburn
Shamrock Running Club

Step Out
For Hospice

Virtual Wellness Event
Walk, Run, Bike, Dance, and More!
Nurture Yourself, Care for our Community

November 15 to 22, 2020
celebrating
National Hospice and Palliative Care Month

To Benefit
VNA Hospice & Palliative Care
VNA Care

Woburn Friends of VNA Hospice & Palliative Care
Irish American Club of Woburn
Shamrock Running Club

Make an Impact Today
Step Out for Hospice began more than two decades ago as a way to make a difference in the lives of patients and families facing a terminal illness. Today, your support means more than ever. VNA Hospice & Palliative Care’s healthcare heroes have provided unwavering care during the pandemic, relieving pain and promoting quality of life.

This fall, you can Step Out for Hospice and make an impact as part of our first ever Virtual Wellness Event!

When: Anytime from November 15 to 22.

What: Walk, run, bike, hike, dance, or any other physical wellness activity you enjoy.

Where: We’ll leave that up to you.

Entry Fee: $30/$15 students. Includes long-sleeve T-shirt (pick-up day in Woburn to be announced).

Other ways to make a difference:
• Make a donation in honor or memory of a loved one.
• Raise money as an individual or a team.
• Become a sponsor.

For more information:
www.vnacare.org/stepout
774-502-8290
giving@vnacare.org

VNA Hospice & Palliative Care
VNA Care
Woburn Friends of VNA Hospice & Palliative Care

VNA Hospice & Palliative Care has provided compassionate end-of-life care since 1979. The Woburn Friends have raised awareness of and funds for our mission of caring for 28 years.
Registration/Donation Form

I want to support Step Out for Hospice!
Please complete and return this form. You may also register/donate online at: www.vnacare.org/stepout

Virtual Event Registration:

_____ Adults: $30 per person  _____ Students 18 and under: $15 per person

Team Name (if applicable)_____________________________________________________

T-Shirt Size(s): _____S      _____M      _____L      _____XL      _____XXL

Virtual Event Registration:

Event Updates
Follow us on social media for special announcements about the Step Out for Hospice Virtual Wellness Event:
- Facebook.com/vnacare.org
- Instagram.com/vna_care
- Twitter.com/vnacare
- LinkedIn.com/company/vnacare

We Want Your Photos and Videos
How will you Step Out for Hospice? Are you honoring someone special through a memorial donation? Share your photos and short videos with us and you may see yourself featured on our social media channels. Visit our website to download an event sign.

Email your photos and videos to:*

giving@vnacare.org

*By submitting photos/videos, you are giving VNA Hospice & Palliative Care permission to use such images in any manner or media for the nonprofit’s purposes, including but not limited to publicity and marketing.

Just for Runners
This year marks the 40th anniversary of the Irish American Club’s 5-mile Road Race. To be included in our race results, email the following to giving@vnacare.org by 5 p.m. Nov. 23: name, gender, age on race day, town where you reside, and run time.

Donation:

Honor a relative or friend with a donation to Step Out for Hospice. We will include your honoree’s first name in our special memorial listing.

In Memory/Honor (circle one) of:______________________________________________

From: (as you want it to appear in the listing)____________________________________

Total Amount Enclosed: $______________

Contact Information:

Name _______________________________________________________________________

Address _____________________________________________________________________

City___________________________________________  State__________  Zip _______________

Email ______________________________________  Phone _______________________________

Please make payment payable and return to: VNA Hospice & Palliative Care,
Attn: Step Out for Hospice, 100 TradeCenter G-500, Woburn, MA 01801

Thank you for your generous support!

Disclaimer: In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, my executors, and administrators, waive and release any and all rights and claims for losses against the sponsors of this race and/or officials of said event, VNA Hospice Care (dba VNA Hospice & Palliative Care), and their representatives, successors and assignees for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of the event and my physical condition has been verified by a licensed medical doctor. Further, I grant permission to all of the foregoing to use my photographs which I may share online as part of the event, my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

Signed ________________________________________________ Date ________________________

Parent or Guardian if under 18 years old