

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

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:



SBLI[®]
Insuring Lives.
Protecting Families.

Presented By:



Irish American
Club of Woburn



Shamrock
Running Club



**VNA Hospice
& Palliative Care**

VNAcare

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.

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

PRESENT

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**
VNAcare

www.vnacare.org/stepout

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

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

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!

Event Updates

Follow us on social media for special announcements about the Step Out for Hospice Virtual Wellness Event:

- [Facebook.com/vnacare.org](https://www.facebook.com/vnacare.org)
- [Instagram.com/vna_care](https://www.instagram.com/vna_care)
- [Twitter.com/vnacare](https://twitter.com/vnacare)
- [LinkedIn.com/company/vnacare](https://www.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.