



Started 30 years ago, Hospice Toronto is Toronto's first volunteer and community-based, not for profit, in-home hospice palliative care program.

As a leader in advancing essential compassionate care, Hospice Toronto has become recognized for providing high-quality, hospice care and support for people through all phases of their life-threatening or life-limiting illness, and their loved ones, at no charge.

Through our numerous programs and services like our in-home support, young carers program, volunteer training, expressive arts & complementary therapy, children's program, bereavement support, our creating caring communities program, advocacy and consultation, we strive to continue to add life to days through the essential work we do in our community.

For information, contact:

Janice Nyarko-Mensah at 416-364-1666, ext. 242 or at janice.nmensah@hospicetoronto.ca

www.hospicetoronto.ca

For more information visit
www.chpca-acsp.org/hike



Hospice Toronto presents 16th Annual Toronto Hike for Hospice

The power of 10 - help us raise \$50,000!

We are asking people to help us by registering to hike and speaking to 10 others – family, friends and co-workers – about the importance of hospice palliative care. If each person tells 10 people, who then tell another 10, who each tell 10 more, we all help to grow hospice palliative care in our community. This year, now more than ever, we need your help. Please come and join us and the thousands of Canadians across the country as we hike and walk together in support of hospice palliative care.

Join us for either a 2 km leisure walk in historic Cabbagetown or a 5 km challenge hike through Riverdale Park

- Barbeque and refreshments, prizes, live music, plus lots of fun stuff for the entire family.
- Walk in memory or in honour of a loved one.
- Leashed pets are welcome.

Location

Riverdale Park West in Cabbagetown, Toronto
(Located at Carlton Street & Sumach Street)

Schedule of Events

Registration	9:30 am
Hike	11:00 am
Barbeque	12:00 noon

Registration and Donations

Team up! Form a team and hike with family, friends and coworkers and sign up in support of Hospice Toronto. If you're not part of a team, you can participate as an individual: there will be plenty of other hikers going solo as well!

There's a \$25 registration fee per person (and per team member), which includes a t-shirt, refreshments and barbeque. The registration fee will be waived if you raise more than the fee.

To register, start or join a team or sponsor someone online, or to make a donation to the Hike, go to www.hospicetoronto.ca and click 16th Annual Toronto Hike for Hospice.

Remember to bring your pledge form to the hike!



*Come hike
with us!*
SUNDAY, MAY 6, 2018

What's Happening?

This spring, people across Canada will gather pledges and then Hike to raise public awareness for hospice palliative care. This major fundraising initiative will help advance the hospice palliative care initiatives in your local community.

What is Hospice Palliative Care?

Hospice palliative care provides physical, psychological, social, spiritual and practical support to people living with life-threatening illness, their loved ones and the bereaved.

Why Hike?

- 80% of Canadians say they want quality hospice at the end of life, yet less than 15% have access to it.
- Hospice palliative care is currently underfunded and under-recognized.

Team Up!

Form a team and Hike with friends, family or coworkers. Simply designate a team captain, choose a team name and have a ton of fun together!

Insert your own piece about how the money is spent on a local level.

100% of all funds raised in our community stay in our community!



Canadian Hospice Palliative Care Association
Association canadienne de soins palliatifs



Please bring this pledge form and your pledges to the CHECK-IN DESK on Hike day.

Make Cheques payable to: **HOSPICE TORONTO**

An official tax receipt for income tax purposes will be issued for donations of \$10 or more.

Charitable Registration Number: **13881 5618 RR0001**



**HOSPICE
TORONTO**

Hike Details: SUNDAY, MAY 6, 2018 · Registration starts at 9:30 am · Hikes start at 11:00 am

Riverdale Park West in Cabbagetown, Toronto (located at Carlton Street and Sumach Street)

PLEDGES IN MEMORY OF:					IN HONOR OF:				
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Participant's Name	Street Address	City	Prov.	Postal Code	Telephone	Email	Pledge	PD	Tax Receipt Required
Team Name									
Team Captain									
Sponsor Name	Street Address	City	Prov.	Postal Code	Telephone	Email	Pledge	PD	Tax Receipt Required

