



Social Media Samples

Need some inspiration on how to ask your friends and family to support your fundraising on social media? You can copy and paste from the list below. Remember to personalize and insert the link to your fundraising page, so supporting you is as easy as one click!

- This year I am going the distance for Seniors Care and raising funds for the 450 seniors and Veterans who call Perley Rideau home. Your support makes all the difference!
- You can help sustain exceptional, compassionate care for seniors and Veterans at Perley Rideau by sponsoring me for this year's Ottawa Race Weekend!
- I am **running/walking** because – **Share your Why**
- While we can't run or walk together this year, Perley Rideau residents still need our help. Join me in supporting them by donating to my Ottawa Race Weekend personal fundraising page.
- Ageing well is rooted in living well. I'm committed to helping seniors and Veterans at Perley Rideau live life to the fullest and need your help to reach my personal fundraising goal. Community support is more important than ever.
- Enable residents to live life to the fullest everyday. Please join me in making a donation to the virtual edition of Ottawa Race Weekend for the Perley and Rideau Veterans' Health Centre Foundation.
- recreational and creative arts programs and so much more to address resident priority needs.



Perley Rideau

The Perley and Rideau
Veterans' Health Centre Foundation
La Fondation du Centre de santé
Perley et Rideau pour anciens combattants

1750 Russell Road, Ottawa, Ontario K1G 5Z6
613-526-7173 | www.perleyrideaufoundation.ca
Charitable Registration #12194 8038 RR0001





- There are 450 residents at Perley Rideau. Give them the equipment and programs needed to live their best life. Join me in fundraising in the Virtual Ottawa Race Weekend and drive innovation in safe compassionate care: <https://perleyrideaufoundation.ca/events/upcoming/2021-virtual-ottawa-race-weekend/>
- Support isn't one-size fits all. There are many ways to make a difference for seniors and Veterans at Perley Rideau. Join my team by fundraising in the Virtual Ottawa Race Weekend: <https://perleyrideaufoundation.ca/events/upcoming/2021-virtual-ottawa-race-weekend/>

Don't forget the hashtags:

#PerleyUnited
#OttCity
#SeniorsCare
#VeteranCare
#RunOttawa

Tag us:

Facebook: @perleyrideau

Twitter: @prvhc_seniors

LinkedIn: Perley and Rideau Veterans' Health Centre / Foundation

Instagram: @perleyrideau



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