

SOCIAL MEDIA SAMPLES

- This year I am going the distance for Seniors Care and raising funds for the 600 seniors and Veterans who call Perley Health their home. Your support makes all the difference! [Link to your fundraising page.](#)
- You can help sustain exceptional care for Seniors and Veterans at Perley Health by sponsoring me for this year's Ottawa Race Weekend! [Link to your fundraising page.](#)
- I am [running/walking](#) because – [Share your Why](#)
- You can make a difference right from your couch, I'll do the running for you! By sponsoring me for this year's Ottawa Race Weekend you can be a part of sustaining exceptional care for Seniors and Veterans at Perley Health! [Link to your fundraising page.](#)
- Perley Health is a community where over 600 Seniors and Veterans thrive - from independent living to long-term care. We support each resident with a person and family-centric approach to the continuum of care to improve not only their physical well-being but their mental and emotional health, too. Join me in fundraising in Ottawa Race Weekend and drive innovation in safe compassionate care: <https://perleyhealthfoundation.ca/events/upcoming/2023-ottawa-race-weekend/>
- Support isn't one-size fits all. There are many ways to make a difference for seniors and Veterans at Perley Health. Join my team by fundraising in the Virtual Ottawa Race Weekend: <https://perleyhealthfoundation.ca/events/upcoming/2023-ottawa-race-weekend/>
- It's time to lace up your runners and start training! Join Team Perley Health for the 2023 Ottawa Race Weekend and raise money to support the seniors and Veterans who call Perley Health home! Click here to learn more: <https://perleyhealthfoundation.ca/events/upcoming/2023-ottawa-race-weekend/>

Don't forget the hashtags:

#PerleyHealthUnited

#SeeMeCare

#OttCity

#SeniorsCare

#VeteranCare

#RunOttawa2023

Tag us:

Facebook: @perleyhealth

Twitter: @prvhc_health

LinkedIn: Perley and Rideau Veterans' Health Centre / Foundation

Instagram: @perleyhealth

Tag Ottawa Race Weekend:

Facebook: @RunOttawa

Twitter: @OttawaRaceWknd, @TamarackHomes

Instagram: @ottawaracewknd