

Subject: Help me support girls in our community!

Dear Friends and Family,

I am participating in MCRC's upcoming [All 4 Her](#) in support of [She Can!](#) programs and I want you to join me! MCRC's All 4 Her is a family-friendly fundraiser that the whole community can participate in. Join us at Milton Community Sports Park on Saturday, June 21 for a 5k run, a 2.5 community and family walk or a Kids' Dash in the beautiful Milton community!

All funds raised through All 4 Her will go directly to supporting MCRC's She Can! programs. She Can's free girl's empowerment programs are growing as more and more girls and gender diverse youth are struggling with mental health related issues, bullying, body image, and self-esteem.

My Personal Fundraising goal is \$500. You can help us reach our goals by getting involved! You can sign up to participate in the race yourself, or you can sponsor me to show your support. Visit mrc.on.ca/5k to register, create your own team, or make a donation. Thank you so much for helping me support this important cause!