

Dear Friends and Family,

I am participating in MCRC's upcoming All 4 Her event in support of the She Can! programs, and I would love for you to join me!

MCRC's All 4 Her is a family-friendly fundraiser that brings the whole community together. Join us at Milton Community Sports Park on Saturday, June 13th, 2026 for a 5K run, a 2.5K community and family walk or a Kids' Dash, all set against the beautiful backdrop of Milton's outdoor spaces.

All funds raised through All 4 Her will directly support MCRC's She Can! programs. These free empowerment programs continue to grow as more and more girls and gender-diverse youth face challenges related to mental health, bullying, body image, and self-esteem.

My personal fundraising goal is \$500, and you can help us get there! You can sign up to participate in the event yourself, or you can sponsor me to show your support.

To register, create a team or make a donation, please visit mrcr.on.ca/5k.

Thank you so much for helping me support this important cause!