



How to Raise \$300

Hello Awareness and Fund Raiser:

Thank you for taking the time to register and create your own personal fundraising page. We are truly grateful for your personal efforts in helping to raise funds in support of Sjögren's research and education and all the other amazing Sjögren's Foundation initiatives.

With the Walk around the corner, now is the ideal time to reach out to friends and family that have yet to donate and ask them to support your efforts (or remind them if you have already done so). While it may seem a little daunting to ask for a donation, once you take that first step you'll be surprised how easy it can be and how much others want to help. And the worst someone can say is "no"! The first step is to ask everyone you know for a donation and let them decide how much they can give - don't leave anyone off the table.

Here are a few tips on how to raise \$300:

- **Make a donation on your own of \$25**
- **Ask 6 friends for \$20**
- **Ask 5 family members to give \$25**
- **Ask 3 co-workers to donate \$10**

Other Tips:

- **I also encourage you to share your page on your social media of choice (Facebook, Twitter, etc.)**
- **If you do an additional standalone Facebook fundraiser, please let me know jlevy@sjogrens.org so we can add those monies raised to your total funds raised.**
- **Does your work company or a donor's work match funds? If so, have donors contact their employers to match and let us know to look out for those funds.**
- **Incentive Prizes can be earned by registrants (for \$100, \$300, \$500 & \$1,000 raised). Check out the Prize/Fundraising page for more info.**

As I have found in the past with my own personal fundraising efforts, people are very willing to make a donation when they receive a personal request. I have been overwhelmed by the generosity and support of my friends and family and all I had to do was ask. I urge you to do the same.

Thank you for your commitment to raising awareness and much needed funds to fight Sjögren's. We are truly grateful for your time and support and look forward to seeing you soon.

Good luck!

Jessica Levy
Director of Fundraising & Living with Sjögren's
JLevy@sjogrens.org
Sjögren's Foundation