

MOVE FOR LIFE FOUNDATION



WELCOME TO OUR

Year End Newsletter

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Thank you



We want to extend a thank you to everyone who has made donations and supported Move for Life thus far. **Thanks to you**, we were able to hold our first annual Walk-n-Talk event (which we will describe in the next section) and continue our mission towards ensuring that everyone who needs an organ transplant will be able to receive one. In particular, we'd like to express our huge gratitude to **Tilco Electric** and **Tricar**, the sponsors of the Walk-n-Talk event in London, ON, for their extensive support without which our fundraising event could not take place.



In this newsletter you will find:

This past year's events and what everyone, including you, helped us achieve!



Walk n' Talk

WE RAISED A TOTAL OF **\$7,695** THANKS TO YOU!

For 2023's major fundraising event, Move for Life Foundation, organized and held our first annual Walk-n-Talk. The Walk-n-Talk was a 5km walkathon wherein participants "walked and talked" with each other, their friends, or loved ones about organ donation and their wishes regarding organ donation. Not only did we hold the Walk-n-Talk in Move For Life's home base of London, ON, but in three other locations as well: Longueuil (Quebec), Saskatoon (Saskatchewan), and Regina (Saskatchewan). Move for Life was able to successfully raise a grand total of **\$7,695!** And we couldn't have done it without all of you! The money we have raised will be in support of two objectives.

#talktoyourfamily

OPEN CONVERSATIONS ABOUT YOUR CARE TO THE PEOPLE WHO CARE.

We want to spread awareness of our cause for this year,

#talktoyourfamily. We encourage individuals to have an honest and open conversation with their loved ones about their end-of-life wishes. Having this important discussion will not only let your loved ones know what your wishes are but also clear any confusion or misunderstandings they may have about that decision and ensure those wishes are honoured in case of your passing.



Supporting Organizations

we want to support current or planned initiatives from organizations that share similar values to ours and have **shown potential in changing** the transplant community for the better.



Chain Of Life

You may remember from our past updates that we initially planned to fundraise for Chain of Life (a charity based in Quebec). However, after several in -depth discussions with Chain of Life , we have come to the decision that it is currently not the right time for Move For Life to fundraise for their organization. In the future, **there may be more opportunities** for Move For Life and Chain of Life to collaborate. However, for the funds raised from the Walk-n-Talk we have decided to donate to another, like-minded, organization.



Camp Kivita

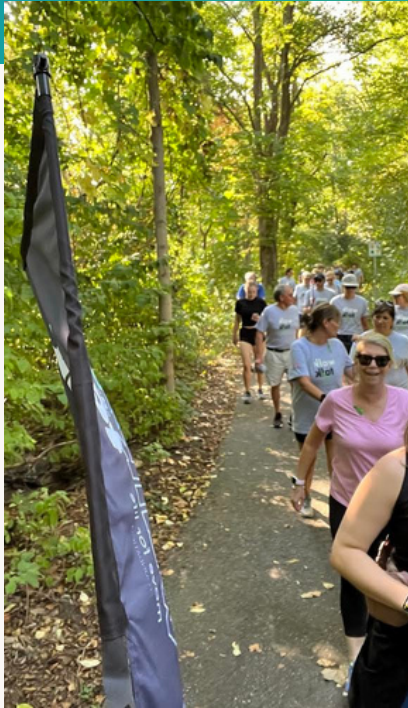
SUMMER CAMP FOR **YOUTHS** WITH OR IN NEED OF TRANSPLANTS

Camp Kivita is a summer camp, based in Muskoka, Ontario, for children and teens with solid organ transplants or organ failure. They provide an overnight summer camp experience (at no cost) for these children and teens so that they might have a better quality of life while **building connections** with others that share similar experiences.

Camp Kivita requires fundraising to cover the costs of registration fees for their campers. Thus, Move for Life will be donating **\$16 500** (earnings from the Walk-n-Talk as well as cumulative donations over this past year) to Camp Kivita. This donation amount will be able to fund roughly 11 campers' registration and stay at Camp Kivita.

[LEARN MORE](#)





Walk n Talk Podcast

For the Walk-n-Talk, we wanted to ensure that everyone who wished to take part could do so, whether they were on-location or hundreds of miles away. To that end, Move For Life created the Walk-n-Talk podcasts for those who were not able to come in-person to the walking locations, or who preferred to listen to audio while they exercise.

These podcasts feature our founder, Jillian Best, discussing organ donation with various guests and experts in the field.

While initially made for the purpose of the Walk-n-Talk, we are keeping the podcasts available on our website for anyone who would like to listen!

[LEARN MORE AND LISTEN IN](#)

World Transplant Athletes Podcast

On March 20th 2023, Move for Life's Jillian Best and Grey Brett were featured guests on a podcast **hosted by Zach Brooks, PhD, of World Transplant Athletes.** Here, Jillian and Grey discuss their inspiring transplant stories, how Move for Life came to be, and our mission and values.

[LEARN MORE AND LISTEN IN](#)



World Transplant Games

As a special mention, we would like to announce that four Move for Life team members (**Jillian Best, Grey Brett, Benoit Raymond, and Sylvie Charbonneau**) and undertook a personal endeavour by competing in the World Transplant Games (April 15 th to 21 st) in Perth, Australia!

Follow their journey on our instagram!

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