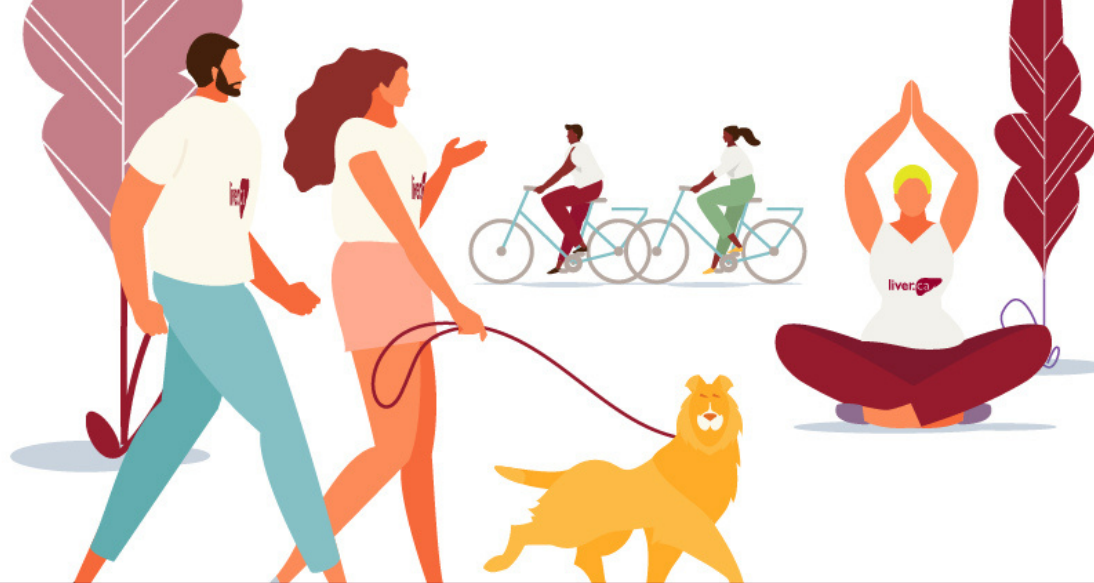




## STROLL FOR LIVER



## What's Next?

1. If you haven't already, head to [www.strollforliver.ca](http://www.strollforliver.ca) to register. You can register as an individual participant or as a team captain.
2. Update your personalized fundraising page with details of your chosen activity and your fundraising goal.
3. Recruit supporters! Invite friends, family, colleagues, neighbours — even your hairdresser—to join your fundraising team or to make a donation.

This is where your creativity can really pay off! Use your imagination about who you approach for support and how. Do you put out the word on social media? Put up a lawn sign? Make T-shirts? Maybe you want to do a community car wash or sell custom face masks.

As you connect with people, don't forget to educate them about liver disease and why this is such an important cause to support. If you have a personal story about liver disease, consider sharing that with them. Let them know that you are a partner of the Canadian Liver Foundation and that, as an organization, we are passionate about making a difference in the lives of those who are living with liver disease and about bringing liver research to life.

When donations start rolling in, don't forget to find a special way to say thank you to your supporters! A personal note or email from you will go a long way towards letting them know how much they matter to you, to the Canadian Liver Foundation, and to all the Canadians living with liver disease.

