

MOVE FOR MENTAL HEALTH



A FUNDRAISER
BENEFITTING
INTERIM, INC.

HOW WILL YOU GET MOVING IN OCTOBER?

CREATE AN INDIVIDUAL OR
TEAM FUNDRAISING PAGE

IT'S FREE!!!

PURSUE YOUR GOAL
THROUGHOUT OCTOBER TO
RAISE FUND FOR INTERIM!

Interim, Inc., a nonprofit organization that provides support services, housing and treatment for adults with mental illness in Monterey County, is organizing **Move for Mental Health** to emphasize the importance of physical movement to mental health and to raise funds for Interim's programs.

Throughout the month of October, we invite you to set a goal for yourself and MOVE - walk, hike, run, bike, swim, roll, or any other physical activity - and raise funds for Interim's vital community services at the same time!

HOW DOES IT WORK?

STEP 1: CREATE YOUR FUNDRAISING CAMPAIGN AT:

[https://pages.donately.com/interiminc/
campaign/move-for-mental-health](https://pages.donately.com/interiminc/campaign/move-for-mental-health)

OR



STEP 2: CREATE AN INDIVIDUAL OR TEAM PAGE

INVITE OTHERS TO JOIN YOUR TEAM

STEP 3: FROM OCTOBER 1 - 31:

- **SHARE** YOUR FUNDRAISING & FITNESS GOALS ON SOCIAL MEDIA & EMAIL
- **TAG** YOUR POSTS #MOVE4INTERIM2023
- **TRACK** YOUR PROGRESS AND UPDATE YOUR FOLLOWERS
- **RAISE FUNDS** FOR INTERIM!
- **EARN PRIZES** FOR MOST MONEY RAISED

QUESTIONS:
CALL (831) 649-4522 OR EMAIL
DEVELOPMENT@INTERIMINC.ORG

