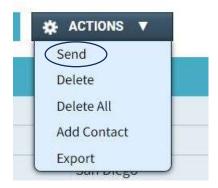
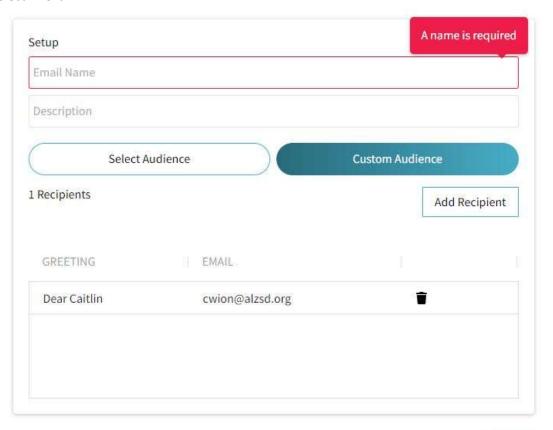
On your fundraising profile navigate to "Contact Book." Once there you can select either specific contacts or by choosing the box at the top of the table, you can select all contacts.



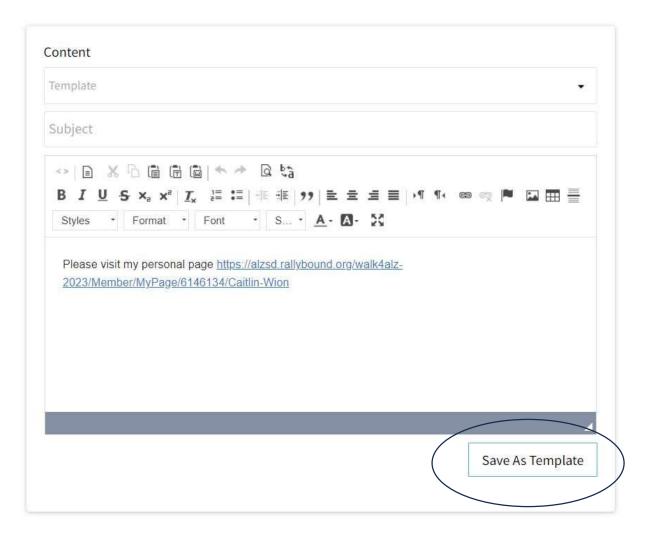
Once you've selected the contacts you wish to send an email to click on the drop down "Actions" and then choose "Send."



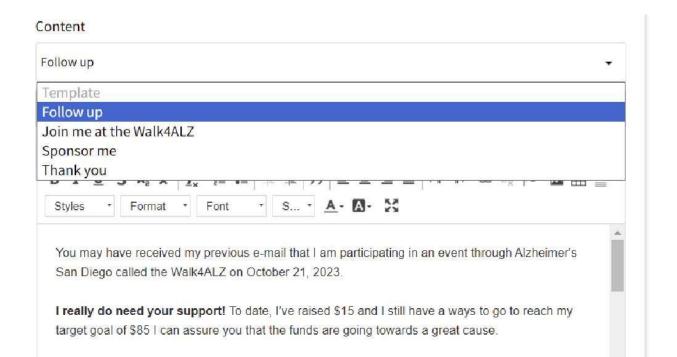
On this page you must give your email a "name." This can be anything you would like to call it but must be at least 1 characteristic. Adding a description or more recipients is optional. Once you've named your email select "Next."



From there you can compose your own message and save it as a template for future use.



Or you can select the "Template" drop down menu and choose one of the templates we've made for you. Once you have selected your email you can hit the blue "Next" button and review the email one more time.



If you are happy with your content, hit "Send." If there is something you wish to edit, hit "Back" and return to the previous setting.

Please note, when you see << First name>> in the email this is not how it will appear to who you are sending, this will instead auto populate the name you entered into your contact book.

CONTENT

Subject: I still need your help

Preview Email:

Dear <<First Name>>.

You may have received my previous e-mail that I am participating in an event through Alzheimer's San Diego called the Walk4ALZ on October 21, 2023.

I really do need your support! To date, I've raised \$15 and I still have a ways to go to reach my target goal of \$85 I can assure you that the funds are going towards a great cause.

The number of those living with Alzheimer's or another dementia is constantly growing and with it the need for your continued support. Today, there are **nearly 100,000 San Diegans living** with Alzheimer's or another form of dementia and **more than 250,000 who love and care for them**.

Your gift will allow Alzheimer's San Diego to provide free, in-person education classes, support and discussion groups, social activities, family care consultations and an ALZ Companion respite program.

Your contribution will also help to advance groundbreaking San Diego research for a cure. Please help me fight San Diego's third-leading cause of death!

Just click on the link below and it will take you to my personal Walk4ALZ page. If you aren't able to make a donation, pledge your support by forwarding this e-mail to friends, family or colleagues.

https://alzsd.rallybound.org/walk4alz-2023/Member/MyPage/6146134/Caitlin-Wion?donate=true

Thank you in advance of your support!

Caitlin Wion

Spread the word about WALK4ALZ 2023