



Help yourself and a great local charity!

If you have decided to lose weight and shape up, why not add an extra incentive to help you achieve your goals? Being sponsored can provide even more motivation for you to stick to your diet and exercise plan!

How to get involved

There is no need to register – just go ahead, set your target* and get sponsored! And you don't have to go it alone. Challenge your friends, family or colleagues to slim and fundraise together.

What's in it for me?

A sense of achievement, improved health and the knowledge that your efforts are providing funds for the patients, families and carers who use Pilgrims Hospices' services. Slimmers who raise the most sponsorship can also win a free make-over at Clarins in Debenhams Westwood Cross, Canterbury or Ashford. There will also be a giveaway of 10 Buff Headwear every month.

Most of our funding comes from the local community

Pilgrims Hospices provides palliative care and support for people in east Kent with illnesses that cannot be cured. Over 75% of our funds are raised by the generous support of the local community. To keep delivering care to those that need it most, Pilgrims has to raise £8 million each year.

Want to challenge yourself further?

You can also walk, run or cycle for Pilgrims Hospices.

- Brand new for 2010: **Tri-Hospice Cycle Challenge** – a 70 mile route between Canterbury, Margate and Ashford and three shorter, family-friendly local, circular routes on Sunday, 9th May.
- **Moonlight Walks** in Deal on Saturday 5th June, in Ashford on Saturday 26th June, and in Herne Bay/Whitstable on Saturday 18th September.



For more information go to www.pilgrimshospice.org or call our fundraising offices:

Canterbury 01227 812621
Ashford 01233 504111
Thanet 01843 233934

For more information on how to get fit and stay in shape go to www.nhs.uk/change4life

Sponsored by:



* This sponsored slim is intended for those over the age of 18 years. Slimmers are encouraged to set healthy, realistic and achievable weight loss or slimming goals under the guidance of their GP. Consult a health care professional if you have any medical problems, are on any medication or if you have any concerns prior to or during your sponsored slim.

