



# Why We Walk

There are many reasons why we participate in the Walk for Wellness House, but it all comes down to a desire to support those affected by cancer and other life challenging illnesses.

We walk to honor and remember those we love. We walk to make sure Wellness House is there when people need us most. We walk to make a difference in the lives of others.

**Why do you walk?** We would love to hear your personal stories! Please send them to us at [lisa@wellness-house.org](mailto:lisa@wellness-house.org) and we may share your story here, on our [Facebook page](#), or in an eblast!



## Why I Walk...

The walk is a way I can give back to Wellness House. I try to raise as much money as I can because Wellness House has done so much for my husband and I at no cost to us. We are so very blessed to have an organization like this in our area that we are able to participate in. Wellness House is a true blessing and the staff are people we treasure. **Walking is a way of saying "thank you for all you have done for us."**

- Linda

## What is a Virtual Walk?

**A Virtual Walk is a real walk, but on your terms: you choose the course and when you start. You may complete a 3K Walk, 5K Run or participate in any way that moves you.**

**In honor of the 32nd Anniversary of Wellness House, those with physical limitations can also choose to do a 32 Step Walk.**

Most importantly, you will continue to make a difference for people affected by cancer and other life challenging illnesses right here in our community through your participation in the **Virtual Walk for Wellness House.**

Join us as we build community and celebrate our collective achievement on **Saturday, October 24, 2020!**

## What is Wellness House?

Wellness House envisions a community where all people affected by cancer thrive. Offered at no cost and as a complement to medical treatment, our programs educate, support and empower individuals impacted by cancer so they will improve their physical and emotional well-being. Wellness House provides over 30 programs a month and has served over 83,000 people affected by cancer since opening our doors in 1988.

You can't put a price on what Wellness House provides. So we don't. Thanks to the generosity of individuals, foundations and corporations that provide gifts to Wellness House, including every donation made to the Walk for Wellness House, there's absolutely no charge for all programs and services.

Because of you and your support, Wellness House can continue to provide life-changing programs and services for individuals affected by cancer and other life challenging illnesses. Thank you for joining us as we celebrate 32 years of changing lives—past, present and future.