



October 2021

Dear Supporter,

Every March the Western Area Massachusetts Dietetic Association (WAMDA) holds the **Annual WAMDA 5K Run/Walk and Health Fair** to celebrate health, National Nutrition Month, and raise funds for **The Food Bank of Western Massachusetts**. More than ever, members of our community are struggling and need our help to make it through these difficult times. For this year's race, runners/walkers can participate in-person at Look Park in Florence, MA on March 5, 2022 or virtually at their own pace and time between March 1 and 5, 2022.

For the past 28 years, this event has joined the fight against hunger in our local community as well as increased awareness of healthful nutrition and fitness. The WAMDA 5K Run/Walk has drawn over 250 runners, walkers and supporters annually. Since the first race in 1993, we have raised over \$90,000 and have distributed that money to different agencies to help our neighbors in need. For every \$1 donated, The Food Bank of Western Massachusetts is able to provide 4 meals to neighbors in need. **You can make a difference.**

We would like to invite you to join us as a sponsor for our 29th Annual Virtual WAMDA 5K Run Walk race. We have attached a sponsorship proposal for your consideration. Remember, all money raised to support The Food Bank stays in Western Massachusetts.

Yours in good health,

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