

October 2023

Dear Supporter,

Every March the Western Area Massachusetts Dietetic Association (WAMDA) holds the **Annual WAMDA 5K Run/Walk** 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. We are excited to share that this year’s will be held in-person at Look Park in Northampton on March 4, 2023.

For the past 30 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 $100,000 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 30th Annual WAMDA 5K Run Walk race. Remember, all money raised to support The Food Bank stays in Western Massachusetts.

Yours in good health,

*Katie Defoe-Raymond, MS, RD, LDN*

*WAMDA 5K Sponsorship Coordinator*

*413-575-3048 (cell phone)*

[*katie.defoe.wamda5krunwalk@gmail.com*](mailto:katie.defoe.wamda5krunwalk@gmail.com)