



this summer **take action** against diabetes

Supporting The Canadian Diabetes Association

Ottawa Office Staff Flameless BBQ

A virtual fundraiser for diabetes

On **August 14th**, the Ottawa Office Staff are holding a virtual BBQ and hope you will show your support by buying an “imaginary” hamburger.

Because it’s virtual, there are no expenses,
100% of donations goes directly to CDA!

Fundraising Goal: \$2,500

SUPPORT US TODAY or TAKE THE CHALLENGE:

Hold an event of your own; become one of the thousands of people all across Canada holding fundraising events this summer. Host a real BBQ for your family and friends; challenge your colleagues or competitors to a Walk to Work event; whatever your interest, whatever your passion, you can turn it into a fundraiser and help us help people with diabetes.



Support the Surge to end diabetes this summer.

Chances are you or someone you love has been touched by diabetes. Support the fight to find a cure and end diabetes.

For more information about this event OR to buy your virtual hamburger:

Visit us online at www.summersurge.ca

See our event- under “Search for an event” - Ottawa staff

CONTACT US:

613-521-1902

ottawaoffice@diabetes.ca

Supported by the Vanier Business Improvement Area



For more information about the Diabetes Summer Surge, visit www.summersurge.ca



Proceeds in support of the
Canadian Diabetes Association
www.diabetes.ca



What is the Diabetes Summer Surge?

The Diabetes Summer Surge is a nation-wide movement to raise \$1 million this summer to help end diabetes. Raise awareness, raise money and have fun with your **fellow members of the Vanier BIA**.

Between now and **August 15th**, the Canadian Diabetes Association is asking our friends, partners and colleagues to join the fight to end diabetes and to take action. Here's how:

- Join our Canadian Diabetes **Ottawa Office Flameless BBQ** event
- Encourage your friends, colleagues and partners to hold their own events and spread the word to their friends
- Hold your own event



How do we hold an event?

Simply add a fundraising component to your existing plans or plan a new Summer Surge Event. The Surge fits in easily to anything you are planning. Why not hold a one of the following events:

a barbeque	dress down day	a silent auction
% of day's sales	walk-to-work challenge	create your own unique event!

Go to diabetessummersurge.ca for more information and to register your event.

The Diabetes Summer Surge online site provides great fundraising suggestions, tools to set up your own event page and invitations, and allows you to track your fundraising targets and donations.

How can you promote the event?

There are many ways that you can promote your event to generate excitement and participation:

- Forward a copy of this email to your friends, colleagues and staff
- Create a link on your email signature to your Surge event or to diabetessummersurge.ca
- **Challenge your BIA merchants and competitors to a fundraising**
- Post events to your organization/office intranet to celebrate progress
- Put up our poster and display our buckslips in your office

What will the Canadian Diabetes Association do with the donations raised?

They will use the money raised from the Diabetes Summer Surge to:

- *Invest in diabetes research to find a cure!*
- Provide essential programs helping those with diabetes live as healthy a life as possible
- Help Canadians with diabetes manage their disease and lower their risk of serious complications

Where can I get more information?

- Call Mark Bowman at 613-688-5928 email: mark.bowman@diabetes.ca
- Visit diabetessummersurge.ca and our webpage [Ottawa Office Flameless BBQ](#)
- Check us out on Facebook and Twitter