



LauraLynn
IRELAND'S CHILDREN'S HOSPICE

CELEBRATING
10
... YEARS ...

100K IN NOV

Welcome to #TeamLauraLynn





HOW TO TAKE PART



You and your colleagues each pledge to walk or run 100k in November for LauraLynn Children's Hospice



Team leader can register the company team and set up team fundraising page [here](#)



Team leader receives a link from LauraLynn to share with colleagues where each can register for their Fundraising Pack



Contact Niamh or Claire for any queries on corporate@lauralynn.ie



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**HOW WE
WILL
SUPPORT
YOU:**



All participants
get a challenge
T-Shirt to wear
while doing your
KMs in November



We will send you
content during
the challenge to
keep your team
inspired and
motivated



We have a
dedicated
[FAQ page](#) to
answer
your queries



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WHAT ARE THE BENEFITS FOR MY COMPANY?

- ✓ Reconnect with your colleagues in a fun and supportive way
- ✓ Get moving for a good cause! What better motivation is there to get out into the fresh air than supporting Ireland's only Children's Hospice
- ✓ The only deadline is that each team member completes 100 kms by November 30th - choose a schedule to fit your lifestyle
- ✓ Spend a month discovering the positive impact you are having on the children and families in LauraLynn's care



WE PROMISE YOU WILL HAVE FUN!

BUT DON'T JUST TAKE OUR
WORD FOR IT.....

*It's been really lovely connecting with people
that I'm not actually able to see in person.*

Participant from 100K in June 2020

*We benefitted hugely as a team – the
competition and the fun got fierce! During
such a challenging year, it felt good to
be helping an amazing cause, while reaping
the fitness and health rewards too.*

*Participants from 280K Step Challenge
February 2021*



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ANY QUESTIONS?



😊 **CLAIRE SHIELDS**



NIAMH DOYLE 😊

**FOR ANY QUERIES, EMAIL CLAIRE OR NIAMH
ON CORPORATE@LAURALYNN.IE**



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