

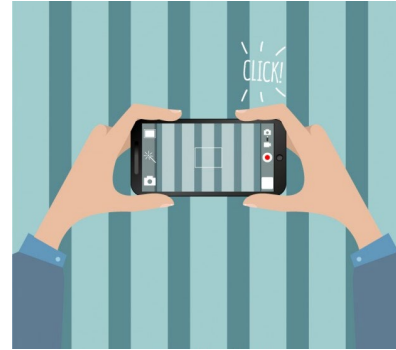


#CAPWalk2022
Virtual CARE Walk Social Media Contest

We've put together an optional fun and easy contest for our 2022 CARE Walk registrants that can be done from the comfort of home and/or outdoors.

HOW DOES IT WORK?

- Simply snap a photo/video of any of the items below and post on your social media pages (Facebook, Instagram, Twitter or LinkedIn). Tag **CAP** and use the hashtag **#CAPWalk2022** for the chance to win prizes!



- Each unique post counts as one draw entry and multiple posts are encouraged. The more you post, the more draw entries you'll have!



- Contest runs from May 1st – May 30th, 2022. Winner will be selected using a random number generator and announced Tuesday, May 31st. Good luck!



HELPFUL TIPS

- Find CAP on [Facebook](#), [Instagram](#), [Twitter](#) and [LinkedIn](#). Follow us for regular updates!
- There are no right and wrong interpretations of the below listing. Get creative and have fun! We want to see your posts so we can increase awareness and engage with you. Prizes not yet confirmed.
- Click each platform for a step-by-step guide to posting on [Facebook](#), [Instagram](#), [Twitter](#) and [LinkedIn](#).
- Be sure to make these posts **public** and/or [tag/mention CAP](#) so we can see your posts!



LET'S SEE YOUR POSTS!

ANY OF THE <u>PARTICIPANT TOOL KIT GRAPHICS</u>	SELFIE WEARING YOUR <u>CARE WALK BIB</u>
SOMETHING/SOMEONE YOU RELY ON	SOMETHING YOU CAN'T LIVE WITHOUT
SOMETHING THAT BRINGS YOU JOY	FAVOURITE FAMILY/FRIENDS PHOTO
SOMETHING BLUE	SELFIE WEARING YOUR FAVOURITE FACE MASK
SOMETHING PURPLE	YOUR FAVOURITE TAKE-OUT MEAL
SOMEONE YOU LOVE/MISS	YOUR FAVOURITE TRAIL/OUTDOOR SPACE
SOMETHING WITH CAP IN THE COMMUNITY	SELFIE WITH YOUR PET
DOING YOUR "5K MY WAY" ACTIVITY OF CHOICE	SOMETHING THAT PROVIDES <i>PRACTICAL</i> HELP
SELFIE AT ONE OF OUR SPONSOR LOCATIONS	YOUR FAVOURITE BOOK/RECIPE
VIDEO CHATTING	SOMETHING THAT MAKES YOU LAUGH
SOMETHING YOU'RE GRATEFUL FOR	SELFIE WITHIN YOUR LOCAL BIA
SOMETHING YOU CARE ABOUT	SELFIE WEARING YOUR FAVOURITE CAP (HAT)

#CAPWalk2022

