



# Strong Minds

## 9th Annual Run for Change 5K Run/Walk Pledge Form

I, \_\_\_\_\_ plan on running/walking in the 9th Annual Run for Change put on by Strong Minds which will be held on May 9th, 2026. I am participating in raising awareness on mental health and addictions and to help end the stigma that people who struggle with mental illness endure. Strong Minds is a Fitness-Based Therapy company that uses physical activity as the first line of treatment in people's recovery both mental and physical. Through using this model, they offer other treatment options to promote growth and balance in our community members especially in our youth. ALL proceeds from this event will be donated to mental health initiatives in our community.

My goal donation is \$ \_\_\_\_\_ and I would value your help contributing to my success!

Name	Email	Phone	Address	Donation Amount

To submit your pledge form in person please contact [amanda@strongminds.co](mailto:amanda@strongminds.co) or 705-987-3825  
If donations are in the form of a cheque, please make it payable to Strong Minds. E-transfers can be sent to [payment@strongminds.co](mailto:payment@strongminds.co).