

Sample social media posts

Tip #1: Post a picture of yourself in training with a link to your fundraising page, and ask your friends to cheer you on by way of a donation.

Tip #2: Remember to tag the HMR Foundation social media pages so that we can relay your posts. We are on [Facebook](#), [LinkedIn](#) and [Instagram](#).

*It's a go. I am taking on the challenge for all of us! I will **run/walk X km** with the @Fondation de l'Hôpital Maisonneuve-Rosemont, as part of the Charity Challenge. My goal is to raise **\$250** for the HMR teams. The funds raised will support great projects benefiting the patients of the HMR, our hospital!*

*Please support me here: **link to your fundraising page.***

*This spring, I will be participating in the Charity Challenge, where I will **run/walk X km** for the Hôpital Maisonneuve-Rosemont patients! My goal is to raise **\$ XXX**.*

Your donation, big or small, will make a significant difference in patient care. Thank you for your generosity!

*To support me, click here: **link to your fundraising page.***

*I did it! I **ran/walked my X km**! Now I only have to complete my fundraising. Thank you for supporting me. In doing so, you will provide the Hôpital Maisonneuve-Rosemont with the resources needed to maintain excellence in patient care, research, and teaching, which are at the heart of its ability to deal with future challenges.*

Link to your fundraising page