



Fundraiser for Food 4 Kids

Weekends without Hunger Program

When?	Saturday June 15 th , 2024 beginning at 1:30 pm.
Goal?	<ul style="list-style-type: none">• to raise \$5,000 to donate to Food4Kids Hamilton and their Weekends without Hunger program• hit the bags to reach 5,000,000 points.

How will we achieve these goals?

- All students in our Impact Kickboxing and Karate programs along with family and friends are encouraged to participate in this event.
- Everyone is encouraged to ask family and friends for donations using this pledge form. Donations can be made via e-transfer or cash.
- Beginning at 1:30 pm on June 15th, participants will take turns hitting the heavy bags to register their punches. All the bags use the Impact technology to keep track of the points, participants will continue hitting the bags until the combined total reaches 5,000,000 points.

This will be an energetic, fun event that will bring everyone together to work towards our goal. There will be great music playing and lots of encouragement from the Instructors. A cooldown station will be available so people can rest and cool off before coming back for more!!



For more information about our Fundraiser and to learn more about Food 4 Kids Hamilton, please scan the QR code

FIGHTING HUNGER ... ONE PUNCH AT A TIME!

