



VISION

Two sisters with one vision. Our intention for the *Peace of Mind* 5k run/walk is to spread awareness and raise funds to support programs that help individuals overcome everyday mental health challenges.

We believe, when one mind is peaceful and free, we all thrive as a community. Individuals can shine, inspire, and thrive! When we don't have the tools to foster a healthy mindset through difficult obstacles and challenges; social, emotional and mental challenges can develop and negatively impact our daily lives. The onset of prolonged mental and emotional distress, anxiety and depression can occur and be debilitating. There are forty million individuals in the US diagnosed with anxiety alone.

Peace of Mind run is addressing these concerns by decreasing the negative stigma surrounding mental health by spreading positive awareness, supporting a like minded, non profit organization and by raising funds for scholarship opportunities for adults whose challenges have resulted in debilitating behaviors. Shining light, awareness and promoting comfortability around these topics by focusing on Preventive Care and Treatment is our focus with our Peace of Mind scholarship fund. Supporting a non profit organization with a similar mission expands our impact by reaching more individuals in our community. Our non-profit organization this year is called, "Speak Your Mind."

1. Scholarship Funds - A scholarship fund will provide funding for qualified individuals who require financial assistance to access a variety of effective mental health services. Referrals for scholarships and applications are always welcomed. Please contact Elizabeth or Christina to learn more. Email to: creativemindcoach@gmail.com or Elizabethbirchlifecoach@gmail.com
2. Donations to Speak Your Mind (SYM) go towards supporting their mission to create uplifting spaces in nature to connect and empower our community. SYM aims to support community members to disconnect from busy life and move, connect, and empower each other as we all strive to elevate to a higher level of physical, mental and emotional health. They do this by marrying outdoor movement (rock climbing, hiking, biking, simple walks outside, etc.) with the powerful support of community support circles. SYM aims to make members feel more calm, supported and empowered to live their best life by inviting people outside to connect with themselves, Mother Nature, and other beautiful humans.

Two sisters aim to unite hearts and communities, one "peaceful mind" at a time! Join us with this vision!

MISSION

- Bring in corporate sponsors to support the event
- Raise funds to send individuals through effective scholarship programs
- Raise funds for Speak Your Mind non profit
- Create awareness in the overall community to inspire participation
- Build a community dedicated to support the mission

SPONSORSHIP OPPORTUNITIES

Contact:

Elizabeth Birch

623-205-7042

&

Christina Ramirez

602-460-1164

LUMINOUS SPONSOR: MINIMUM \$5,000

Business logo on banner featured on race day
Business logo on race day t-shirts
Business logo on race website (Corporate Sponsor Section)
Opportunity for vendor booth space
Opportunity to market your business in official race packets
Five complimentary race entries

ENLIGHTENED SPONSOR: MINIMUM \$1,000

Business logo on race day t-shirts
Business logo on race website (Corporate Sponsor Section)
Opportunity for vendor booth space
Opportunity to market your business in official race packets
One complimentary race entry

JOYFUL SPONSOR: MINIMUM \$500

Business logo on race day t-shirts
Business logo on race website (Corporate Sponsor Section)
Opportunity to market your business in official race packets

HAPPY SPONSOR: MINIMUM \$250

Business logo on race day t-shirts
Business logo on race website (Corporate Sponsor Section)

RACE PACKET SPONSOR:

Publicly appreciated on Race Day
Opportunity to market in official race packets

We appreciate you!



Name:

Company Name:

Phone:

Email:

Sponsorship Type:

Payment:

Checks payable to: Elizabeth Birch

Mail: Contact for address

(In Memo "Peace of Mind Run" "Sponsorship Type and/or Donation)

(In Description "Peace of Mind Run" "Sponsorship Type and/or Donation)

Donations:

Tax Deductible Donations through Angels for Angels a 501 (c)(3)

Logo: (Please make sure that they are in ".ai or.eps format)

Elizabethvebirch@gmail.com

Thank you for your Sponsorship!