

# Spring into Action Challenge

April 1 - April 30, 2023



## Virtual Fundraiser CFUW/Kanata Scholarship Trust



### Let's Get Moving

Bike, Walk, Run, Swim, Dance,  
Yoga, Tai Chi, Garden, Spring-clean

Track your progress  
Convert your success to \$\$

Donate to our  
Scholarship Trust

- Sign up with Elena or Molly
- Set your goal
- Take pictures of your activity
- Track your distance, count your steps, log your time
- Recruit a buddy
- Record your results!



Cash, Cheque or e-transfer  
CFUW Kanata Scholarship Trust  
[donate@cfuwkanata.ca](mailto:donate@cfuwkanata.ca)

Register for this Spring Challenge with  
[Elena or Molly](#)