

10 reasons to Give **\$10** For HEALTH

Third Annual Run United - a 5K Run for Health

Get 10 friends to give **\$10**

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Donation Amount

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1. **13%** of children in Westchester are **obese**.
2. **United Way** programs help hundreds of children each year **reduce** their weight and **keep** it off.
3. Families learn to garden together and **eat healthier** with United Way's **Step Up 2 Health!**
4. **40%** of Putnam **8th graders** reported **drinking alcohol**.
5. **15%** of the 10th graders reported coming to school **drunk or**
6. **United Way** helps teach parents how to talk to their teens to **STOP** risky behaviors.
7. Teens and seniors are healthier when they **interact**; studies show teens become more compassionate, and seniors have more involvement in the community.
8. **United Way supports** intergenerational programs that organize youth to check in on older adults with visits and help with chores.
9. **75%** of adultswith mental health issuesare parents.
10. **United Way** programs provide wrap-around support for parents with mental health issues so they can be **strong** for their kids.

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* We respect your privacy and will never sell or give away your email address. Our e-newsletter comes out twice a month and highlights area needs, how you can help, and keeps you connected to your community. You can unsubscribe at any time.

Download additional forms at uwwp.org/run.htm. Please bring this form and donations on the day of the Run or mail this form and donations as a check (made out to "Run United - a 5K Run") to Anne-Marie Annunziato, United Way of Westchester and Putnam, 336 Central Park Avenue, White Plains, NY 10606