



5KM A DAY IN MAY CHALLENGE



**INVOLVE YOUR COMPANY
AND GET FIT FOR CHARITY**

@sanfilippochildrensfoundation

www.sanfilippo.org.au

Will you support your company to participate in 5K a Day in May?

5K a Day in May offers a simple way for your company to support the health and wellbeing of your employees while making a genuine difference to children with Sanfilippo syndrome—a devastating, fatal type of childhood dementia.

We ask you to encourage your employees to join thousands of like-minded Australians to improve their fitness and raise funds for vital medical research in our urgent search for a cure. Together, we can turn heartbreak into hope for families impacted by Sanfilippo syndrome.

What does involvement in 5K a Day look like?

Here are some easy ways to get involved:

- Set up a company team/s and encourage staff to sign up. This is a simple online registration process.
- Encourage people to do walking meetings or create a lunchtime walk/run group.
- Consider matched giving to encourage individuals to fundraise.
- Hire a treadmill or two for your office to get people moving.
- Hold fundraising events at the office (eg morning teas or trivia) to go towards the fundraising total.
- Give staff 30 minutes during the day to complete their 5km.

We can help!

We can support you in many ways, including...

- creating a bespoke event platform for your company if you have multiple teams/sites participating.
- providing t-shirts for your staff.
- content for your internal communications.
- social posts, media/PR and articles to showcase your company's involvement.
- presenting to staff about Sanfilippo syndrome and our work to explain the difference their support makes to children with Sanfilippo.

Other ideas? Contact us for a chat!





About 5K a Day in May

The challenge

- Complete at least 5 kilometres each day throughout the month of May. Walk, run, cycle, swim—the choice is yours!
- Set up your online fundraising page to track and share your progress and encourage your family, friends and colleagues to support you.

How to participate in 5K a Day in May



STEP 1: Sign up

Register and set up your fundraising goals



STEP 2: Shout about it

Share what you are doing to get support or ask your friends to join you



STEP 3: READY, SET, GO! FOR SANFILIPPO

Get moving and track your kms as you go

Get started today!

Visit www.sanfilippo.org.au/5k-a-day-in-may to register

Together, we can make a real difference for families battling Sanfilippo syndrome

Sanfilippo syndrome is a rare, genetic form of childhood dementia causing fatal brain damage. Children are missing an enzyme that clears waste from their cells. Over time this waste becomes toxic and causes damage throughout the body, especially the brain.

Children lose their language, motor skills and mobility as dementia takes hold. Life expectancy is only 12-20 years.

No family should ever have to face a devastating diagnosis.

But there is hope.

Hope for breakthroughs in medical research. Hope that effective treatments will be found. Hope for a world without Sanfilippo syndrome.



Around 1 in 170 adults are healthy carriers of the faulty gene that causes Sanfilippo syndrome.



Every year around five children are born with Sanfilippo in Australia. Around 2000 children are born globally.



In the past 10 years, the Sanfilippo Children's Foundation has directed nearly \$8 million towards research.



Research has led to promising therapies undergoing clinical trials but there is much more work to do until children can access treatment.

Please reach out for a chat. We would love to have you involved!

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Thank You

www.sanfilippo.org.au