



**Helping families cope with illness,  
Care giving and Loss**

**The Hospice Society provides care and  
support to families facing end of life  
in the communities of Colchester and  
East Hants**

**Programs & Services:  
Volunteer Visiting  
Food from the Heart  
Practical Assistance  
Grief Support Services**

**Contact us at:  
893-3265  
info@cehhospice.org**

For more information contact your local Hike site  
or the National information line:  
1-877-203-4636 or visit us on the web at  
www.chpca.net/hike



# HIKE FOR HOSPICE

**Sunday  
May 5, 2013  
2:00 PM**

**Location:  
To Be Announced**



**Contact:  
893-3265  
info@cehhospice.org**

Register and collect  
sponsors using the form on  
the reverse  
or register & fundraise  
online!  
**www.cehhospice.org/hike**



100% of all funds raised  
in our community stay in our  
community

**Come**

# HIKE

**With Us!**

**Sunday, May 5, 2013**

### **What's Happening?**

This spring, people across Canada will gather pledges and then Hike to raise public awareness for hospice palliative care. This major fundraising initiative will help advance the hospice palliative care initiatives in your local community.

### **What is Hospice Palliative Care?**

Hospice palliative care provides physical, psychological, social, spiritual and practical support to people living with life-threatening illness, their loved ones and the bereaved.

### **Why Hike?**

- 80% of Canadians say they want quality hospice at the end of life, yet less than 15% have access to it.
- Hospice palliative care is currently under funded and under recognized.

### **Team Up!**

Form a team and Hike with friends, family or coworkers. Simply designate a team captain, choose a team name and together have a ton of fun!

**Insert your own piece about how the  
money is spent on a local level.**



