

Who to Ask to Support Your IC Awareness Month Fundraiser!

This is the time to ask everyone you have supported to now support you. Here is a list of ideas for asking others to support you.

- Send an email or a letter to all of your contacts
 - Friends, family & co-workers
 - Facebook &/or social media community
 - Favorite local restaurant owner or shop that you frequent
 - Your doctor & the health team
 - People at your place of worship & social sports teams



Continue to invite your friends, family members, neighbors & business associates to support you until you reach your goal!

Using Your Social Media Networks to Make the Ask

Are you on Facebook, Instagram, TikTok, Snapchat & Twitter? Do you blog or use some other type of social media network? These can be valuable tools for raising funds & awareness about IC/BPS. Post your IC Awareness Month Pain to Purpose fundraising page to your social media pages with a message from you.

Update your status frequently with information about how to register, how to make donations & updates on how your fundraising efforts are going. Be sure to post/send your personalized URL fundraising page so others may join & donate!



What should your goal be?

The ICA has pre-set a \$500 goal for you, but we encourage you to choose your own.

While the average individual fundraiser raises over \$500, many people have raised thousands of dollars!

Many people are afraid to ask others for help, or to share their IC/BPS story, but research shows that people are more than willing to lend a hand than you might expect.

PAIN TO PURPOSE

Virtual Event to
Educate and Raise Funds
for IC/BPS Awareness

IC AWARENESS MONTH 2023



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ichelp.org

Thank YOU for making a difference!