

Who to Ask to Support Your IC Awareness Month Fundraiser!

This is the time to ask everyone you have supported to now support you.

Feel empowered!

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.

Reach out to your community

★ 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!

Use 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 fundraising page to your social media pages with a personalized 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!



Together for Tomorrow

A Virtual Gathering and Fundraiser for IC Education, Awareness, and Action

IC Awareness Month 2024