

A Strong Community Builds its Foundation Together...

At ExercisAbilities, we believe that this foundation must be built to support the health and wellbeing of all people. Inclusion of wellness services means that every person can access the same opportunities to live the highest quality life possible. Today, in America and right here in our renowned city of health, there are children and adults who do not have access to well-being care.

These individuals living with disabilities and often in poverty, are challenged to get the help that they need to live to their healthiest potential. Though we live in the most inclusive and open opportunity world ever, individuals with these challenges are often segregated or not allowed access to basic health services, preventative care, health education, wellness, and physical recreation programs without significant barriers.

Our healthcare system, especially the government health insurance program, is not designed to provide equal access to well-being care. Only minimal medical care or “sick care” is covered by their insurance. Sadly, this healthcare design truly leads to a spiral of declining health for many living in our community.



Exercise is Medicine...but accessible or assisted physical activity opportunities are limited.

Providing zero barrier access to ongoing physical rehabilitation, physical fitness activity, and healthy lifestyle education has been my mission since I founded ExercisAbilities 10 years ago. Unfortunately, the financial barriers, cultural differences, language differences, lack of social and caregiver support, and transportation challenges continue to challenge this mission. These often-mountainous barriers frustrate us and prevent hopeful participants from meeting their health and wellness goals.

ExercisAbilities has almost met our goal of providing 100% equal access, zero barrier, wellbeing, wellness, and physical rehabilitation programs and services! But we cannot meet this goal alone. Our community can make this goal a reality.

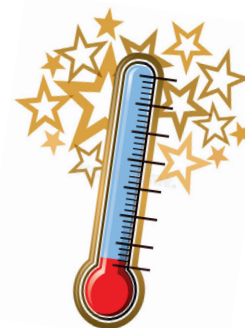
By the end of 2021, with your help, we will:

- Complete construction and open EA Pediatrics: A state of the art full-service non-profit pediatric and family rehabilitation and wellness center right next door to our current building
- Open the first All-Access Rehabilitation and Wellness Care Clinic in the upper Midwest at our current location, offering services for free or a reduced fee for children through adults with a disability or chronic medical conditions who otherwise have no ability to pay for needed services.



(see reverse...)

Are you asking – How can I help??



-Donate! We are near our goal for the Raise the Roof Campaign to construct and operate the new state-of-the-art facility at EA Pediatrics. Can you help us reach it?

-Fulfill our Pediatric wish list! We have a Pediatric wish list including toys, games, and adaptive equipment that we need to help our pediatric clients. Pick an item to purchase on our Amazon wish list or indicate the item on your donation payment. www.exercisabilities.org/donate

-Help us with our fall fundraiser! Become an event sponsor! Volunteer for the event! We invite you to join us for our annual Family Fun Day which will be held at EA Pediatrics new building in October.

Please consider joining in as a partner for the Annual EA Family Fun Day and Grand Opening Celebration at one of these levels:

Donate an auction or give away item:

▶ We welcome donation of gift cards, a loaded basket, or large items for auction/prizes (let us know if we need to pick them up)

\$500 Family Fun Day Activity Sponsor - We are looking for 10 donors at this level

▶ You will be recognized on our Annual Corporate Friend Wall for 1 year at ExercisAbilities and included in our recognition of key supporters in our Raise the Roof Campaign in multiple media. Signage at a Family Fun Day activity will also be included.

\$1,000 wish list Champion – we are looking for 20 donors at this level

▶ You will be recognized! Pick an item or items to sponsor from our Pediatric wish list and you will be recognized on or near the item at our new facility for years to come!

\$1,000 Raise The Roof Champion – we are looking for 20 donors at this level

▶ You will be forever recognized on our founding donor's wall at EA Pediatrics in the lobby and on the annual Corporate Friend Wall at Exercisabilities.

\$5,000 Grand Opening Celebration Event Sponsor – we are looking for 2 donors at this level

▶ You will be forever recognized on our founding donor's wall at EA Pediatrics in the lobby and on the annual Corporate Friend Wall at Exercisabilities.
▶ You will be recognized in invitations and all event promotional materials as an event sponsor.

With your gift, you will impact over 1,000+ children, adults, and seniors, giving them the gift of meeting their full health and independence potential without barriers. All proceeds will go to complete the Raise the Roof Campaign and wish list as we finish construction of the best community-based inclusive pediatric and family physical rehabilitation and medical wellness clinic in the upper Midwest.

Visit www.exercisabilities.org to hear our client stories and check out the latest news.

Thank you for your ongoing support and kindness to help advance our mission!

Melanie Brennan, PT, DPT

Executive Director/CEO/Founder



SAVE THE DATES-Watch for more info soon:

A Night to Raise the Roof – October 14th

- Ribbon Cutting and Open House 4:00-6:00 PM
- Private Fundraising Event 6:00-8:00 PM



EXERCISABILITIES

Family Fun Day at EA Pediatrics – October 16th

Go online to donate at exercisabilities.org/donate or scan the QR code. Include your donation level if applicable along with your contact information so that we can reach out to you for sponsorship details.

OR Complete the form and mail it with your donation to:

ExercisAbilities
2530 Broadway Ave N
Rochester, MN 55906
Phone: 507-259-7570
Email: Annie@exercisabilities.org



Donor/Business Name: _____

Contact Name: _____

Address: _____ State/zip: _____

Phone: _____ Email: _____

Sponsor Level Amount: \$ _____ Level Name: _____

I do not want to be a sponsor, but would like to donate another amount:

Amount: \$ _____

We would like to donate a raffle item:

Description: _____

Estimated Value: _____

____ Enclosed or

____ Please pick up at: _____

Contact name and email: _____

I want to be publicly recognized ____ Yes ____ No

Thank you for supporting a first of it's kind in Southeast MN – A center that will improve the health and wellbeing of our entire community-making healthier, happier, and independent possible for EVERYONE!

*Contact Rhonda@exercisabilities.org if you need an invoice for the sponsorship before payment

*To ensure proper recognition, please complete your donation on-line or on the enclosed form and return by **September 3rd, 2021**