

Lutherans For Life

First Annual Walk 4 Life



Since 1979 Lutherans For Life has been equipping Lutherans to be Gospel-motivated voices For Life.

Join the **Step Up 4 Life** campaign and make a difference by helping to raise awareness and funds 4 Life in this new and exiting way.

Equipping Lutherans to be Gospel-motivated voices For Life

Step Up 4 Life runs from **May 8 thru July 5**. You pick the times you choose to participate. Make this your personal march for life as you walk, run, roll, stroll, wash the car, vacuum and even rock in your favorite chair. **Check out the fitness conversion chart** on the website to convert your activities to steps.

On or after May 8, go to lutheransforlife.org/stepup4life and register to join. After paying a one-time \$25 fee you are set to go. *(Check out the family, team and student discounts).* Connect your personal tracking devices or manually record your activities. You'll be counting steps toward raising awareness and funds for LFL, especially when you involve others. **You can even share your participation on social media and invite others to sponsor you.**

As you work toward your goals you will be helping LFL reach its \$30,000 fund-raising goal. More importantly, you'll be raising awareness and funds For Life.

There is no registration fee for sponsors. If walking and rolling aren't for you, don't worry. Become a sponsor and supporter through your prayers, encouragement and donations. You can give online at the website listed above or send your contributions to:

Lutherans For Life
1101 5th Street
Nevada, IA 50201-1816

(Please add "Step Up 4 Life" in the memo line of your check)

Want to increase awareness as you Step-Up 4 Life? Consider purchasing and wearing a **Step Up 4 Life t-shirt while supplies last.** T-shirts are only \$12.00 for S-XL and \$14.00 for 2XL-3XL including shipping and handling! Order yours today at the same website as above! Plan ahead, allow two weeks for delivery.



This is the t-shirt design

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