



# THE WESLEY COMMUNITY

---

## THE WESLEY FOUNDATION

### **The Wesley Foundation invites community to “Share A Step” during annual fitness fundraiser**

**Saratoga Springs, N.Y., June 15, 2022** – The Wesley Foundation, the philanthropic arm of The Wesley Community – a 37-acre non-profit senior living campus in Saratoga Springs – is asking Capital Region residents to take part in its fifth annual and virtual “Share A Step” fundraiser beginning Friday, June 24 through Thursday, June 30.

The weeklong fitness initiative offers participants the opportunity to raise funds for The Wesley Community while working toward a fitness-oriented goal, such as running or walking one mile per day or completing a 30-mile bike ride. New this year, and to commemorate Wesley’s 50<sup>th</sup> Anniversary, a 50-kilometer challenge is being introduced as a goal for distance for the week via walking, biking or running. However, goals at every level of fitness are encouraged to keep “Share A Step” fun and safe for everyone.

During the event participants track their workouts, share their progress on the event website and social media while encouraging friends and family to support their efforts via a donation. Both teams and individuals are welcome to participate and prizes are awarded for goals achieved during the event.

All donations generated through “Share A Step” will support completion of the second phase of renovations in the Springs Building of Wesley Health Care Center. Phase two of the project will create a contemporary, efficient and home-like environment on the buildings second, third and fourth floors.

“All of us at The Wesley Community are thrilled to once again kick off ‘Share A Step,’ which is not only a much-needed fundraiser to support the health and wellbeing of our residents but also a great way for people to stay active during the summer months,” said J. Brian Nealon, CEO of The Wesley Community. “We encourage individuals and teams of all ages and fitness levels to participate in this fun community event. We look forward to seeing people accomplish their goals and thank them for being a part of this wonderful program.”

Registration for “Share A Step” is free. Individuals or teams interested in participating or making a donation should visit <https://p2p.onecause.com/shareastep>.

“Share A Step” is sponsored by CDPHP, A.C. Riley, Kodiak Construction Co., Cliff and Claudia Van Wagner, and N. Fox Jewelers.

For more information about the “Share A Step” program, contact Kally Straus via email at [kbstraus@thewesleycommunity.org](mailto:kbstraus@thewesleycommunity.org) or by phone at 518-691-1419.

### **About The Wesley Community**

The Wesley Community is a 37-acre, not-for-profit agency in Saratoga Springs, NY, which serves the needs of the elderly, as well as active seniors, adults and pediatrics. Sponsored by United Methodist Health and Housing, Inc., The Wesley Community’s unique continuum of care community provides independent and assisted living for seniors, affordable independent senior housing, short-term rehabilitation and long-term care, as well as home care services and outpatient therapies available for people of all ages.

###