



THE WESLEY COMMUNITY

THE WESLEY FOUNDATION

The Wesley Foundation to host annual “Share A Step” Virtual Fundraiser

Event to help benefit Wesley Health Care Community’s Life Enrichment Program

SARATOGA SPRINGS, N.Y., Sept. 7, 2023 - The Wesley Foundation, the philanthropic arm of The Wesley Community – a 37-acre senior living campus with more than 700 residents in Saratoga Springs – will be holding its sixth-annual “Share A Step” virtual fundraiser beginning Friday Sept. 22 through Thursday, Sept. 28.

The weeklong fitness initiative offers participants the opportunity to raise funds for The Wesley Community’s Life Enrichment Program, which provides ongoing, meaningful social and therapeutic activities tailored to each Wesley resident.

Competitors of all ages and fitness levels are invited and encouraged to work toward a fitness goal, such as running or walking one mile per day, completing a bike ride around the neighborhood, a run on the treadmill or virtually traveling the distance of a popular local trail. Participants are asked to track and log their progress, take pictures of each exercise and tag it on Facebook and Instagram with #shareastep to show their progress and motivate others to stay the course.

“The Wesley Community is thrilled to once again kick off “Share A Step,” which is not only a much-needed fundraiser to support the health and well-being of our residents, but also a great way for people to stay active,” said The Wesley Community CEO J. Brian Nealon. “We encourage individuals and teams of all ages and fitness levels, locally and nationwide, to participate.”

This year, “Share A Step” donations will support the Life Enrichment program at Wesley Health Care Center. The initiative provides an array of services focused on improving quality of life and well-being of residents. This is achieved through customized programs that pursue the interests and passions of each individual, while guiding them through such challenges of life as intellectual and physical disabilities.

Donations through September and October will support the Life Enrichment Program and help more residents to regain and sustain their independence.

There are several ways for the local community to join in the fun and make a difference:

- By registering as a participant.

- By registering as a team, friends or colleagues, and challenging other teams.
- By becoming a sponsor or making a personal monetary donation.

Register yourself or team, or to become a sponsor and learn more visit:

<http://p2p.onecause.com/shareastep>

“Share A Step” is sponsored by Adnet Technologies, CDPHP, Walton’s Screen Printing & Embroidery, Anytime Fitness, Mountainman Outdoor Supply Company, AIM Services Inc, n. Fox Jewelers, L Clifford Van Wagner, Wilcenski Pleat Law, Shelly Amato, Peter Barron and Carolyn Cappuccino, and Collen Salway.

About The Wesley Community

The Wesley Community is a 37-acre, not-for-profit agency in Saratoga Springs, N.Y., 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.

###

FOR FURTHER INFORMATION, CONTACT:

Christina Dehm or Mark Bardack

Ed Lewi Associates

P: (518) 383-6183

C: Dehm (518) 795-4577 or Bardack (518) 867-7943

Email: cdehm@edlewi.com or mbardack@edlewi.com