



WORKOUT FOR  
WOMEN'S DAY

# WORKOUT FOR WOMEN'S DAY 2024

## CORPORATE GIVING & ENGAGEMENT

Workout for Women's Day is a coming together of local movement studios and instructors around International Women's Day to offer public and private (corporate) classes for charities that support girls, women, and other marginalized genders. This grassroots, volunteer driven campaign has raised more than \$145,000 in 5 years since it began in 2019!

Workout for Women's Day 2024, which will run from March 2-8, will support 3 incredible local charities:

1. **BabyGoRound**
2. **Mavis McMullen Housing Society**
3. **Rise Women's Legal Centre**

### Corporate Giving

The Giving Guide is based on monetary donations to the designated charities, which are registered charitable organizations.

### Workout for Women's Day 2024 Giving Guide

PERKS	GOLD	SILVER	BRONZE	FRIEND
	\$10,000+	\$5,000	\$2,500	\$1,000
Recognition and logo placement prior to, during, and after Workout for Women's Day on the <a href="#">Stronger Together Vancouver</a> website, and in the WWD media kit, sent to local news, radio, social media and print outlets.	★			
Recognition at predetermined public classes during Workout for Women's Day.	★	★		
Recognition on social media.	★	★	★	
Private class in office, studio or online - you choose the date, time, and movement modality, and we will provide the instructor who will guide you through a personalized feel-good class with your crew.	★	★	★	★

## Other Engagement Opportunities:

- Matching donations at a public class.
- Invite your staff to attend a public class and pay their donation class cost.
- Sponsor a particular request from one of the charities, e.g. x number of breast pumps for BabyGoRound; legal support for x number of women through Rise Women's Legal Centre, or a particular piece of playground equipment for Mavis McMullen Housing Society.
- In-kind donations of:
  - Draw prizes
  - Instructor gifts
  - Food & drinks for participants at the opening and closing classes
  - Venue provisionThe above perks are available upon request by in-kind donors based on the value of the contribution.

Engaging your corporate group in Workout for Women's Day 2024 is an excellent way to team build, encourage employee involvement, and contribute to meaningful causes in our community as part of International Women's Day.

**Contact the Workout for Women's Day Team at [info@strongertogethervancouver.com](mailto:info@strongertogethervancouver.com) to discuss your group's involvement.**



**Workout for Women's Day**  
by Stronger Together Vancouver