



Virtual Remembrance Walk Instructions:

1. **PLAN** - Map out a walking route that is comfortable for you and plan to walk sometime between Sunday, September 27 and Sunday, October 4.
2. **INCLUDE** - Involve your family and friends by asking them to walk with you virtually (or in-person if it can be done safely.)
3. **RECORD** - After your walk, go to the Footprints Forum page to post about it.
4. **SHARE** - Take pictures from your walk and upload your pictures to the Footprints Forum page. You can also upload to social media and tag Hope After Loss with the hashtag #Footprints2020.

Don't forget to watch the Remembrance Ceremony video on Sunday, Oct 4. It can be viewed as early as 10am and can be watched any time after that.

Everyone who participates by sharing pictures or reflections to the Footprints Forum page or to social media with the hashtag #Footprints2020 will be entered in a raffle to win some amazing prizes!

