



THIS ISN'T JUST A WALK—IT'S A MOVEMENT!

“Because the ability to walk a quarter mile shouldn't determine your lifespan.”

July 1st – Sept 8th

Catch the Wave!

A Community Wellness Project

Download the free CharityMiles.org App to help create a team of 100 people to log 2,500+ miles and raise funds for nonprofits that help to heal our community – through just the power of your daily walk, run, or ride!

Join the “Catch the Wave Team and start tracking your miles today!

CharityMiles.org

Organize a group for prizes (three or more). Group Leaders share pictures of your event and distance traveled to win. Send Email to Info@RiseWithPamela.com Mondays by 12pm!



One in five adults age 18–44 experiences progressive knee pain, a leading cause of disability. In adults age 50+ difficulty in walking a qtr mile is a strong indicator of mortality & high healthcare cost!