

Moving & Grooving

WHERE YOUR GIVING = HEALTHY LIVING
Every \$1 Donated = 1 Minute of Movement



MAY 24th - 28th

**FOLLOW DHR SOCIAL MEDIA AS WE
RALLY WITH THE RANCHERS DURING ONE
EPIC WEEK OF HEALTH & FITNESS!**

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Goal: \$30,000

Ranchers: 50

Movement: 120 Minutes/Day
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www.downhomeranch.org/motivate

