

Spinal Research Hero Month 2019



Have a little fun, and support the Foundation in our Mission to facilitate research that furthers the understanding and development of chiropractic care.

Simple Steps to Get You Started

1. Register [here](#) to tell us about your activity. **Activities can take place any time between 1st – 31st March, 2019.**
2. If you'd like to have a fundraising page, we will set you up with one, just like this [one](#).
3. We will send you a Fundraising Kit, with all the information you need to support your activity or event, including FAQ's.

Ways to Fundraise

There are an unlimited number of fantastic ideas for the types of events or activities that you could try. Here are just a few.

- * Fun Run or Marathon
- * Party (big or small and a variety of themes)
- * Dinner Party (at home or at a restaurant)
- * Girls or Boys Night
- * Movie Night
- * Donate your adjustments
- * Give something up for the month
- * Pamper Session
- * Happy Hour (once off, or once a week)
- * Video game marathon
- * Tea Party
- * Poker Night
- * Cocktail Party
- * Music Jam Session
- * Cook Off
- * Games Night
- * Recipe Swap (cook a meal & bring recipe)
- * Trivia Party
- * Sports Night (watching a game together)
- * BBQ

Want to Compete?!

You can win a trophy and some bragging rights, by setting your sights on one of the following categories...



Most Inspired
Activity



Most Funds
Raised



Best
Photo

We're Here to Help

Please don't hesitate to email us or call if you have any questions.

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