

WoW! (WesternCape on Wellness) promotes and activates Healthy Lifestyle Actions to prevent, reduce and better self-manage common chronic diseases.

www.westerncape.gov.za/wow

WoW! is about enabling people to live healthier lifestyles through MOVING – physical activity for health and fun!

WoW! trains volunteers from communities as Champions to start Community Clubs, offering a range of physical activities for people to be healthier through regular and enjoyable Movement!

It takes courage to choose a healthier lifestyle, but lots of people, young and old, who want to start walking or running – to Move for better health - don't have comfortable, supportive shoes.

WoW! is a social health movement to connect and enable people to live healthy lifestyles towards better personal, family, social and national health and wellness.

Make a difference, become part of the WoW! movement - support Shoes2Move!

Shoes2Move! gives you a chance to make a real contribution as a responsible citizen towards the wellbeing of others.

Through your generous support you can share your enthusiasm for healthy living and help someone less fortunate to make lifestyle changes.

Your gift of just R300 will buy a WoW! Club member their very own new pair of exercise Shoes 2 Move! All donations, below and above R300, will make a huge difference to those who are less fortunate to take their first steps for moving towards a healthier life. You are enabling someone without resources to start exercising and become healthy, maybe even train and participate in a Fun Walk, Run or Marathon! Your gift will make a direct positive health impact!

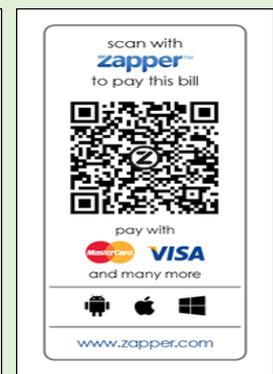
Be Healthy! Be Happy! Be You! Be WoW!



DONATE NOW

Make a direct deposit

Bank: Nedbank
 Account Name: The Western Cape Health Foundation
 Account Number: 1021 539 813
 Branch code: 12 32 09
 Branch Name: Business Southern Peninsula
 Type of Account: Current Account
 Swift address: NEDSZAU
 Payment Reference: WoW-WCPT2017 [insert name]
 For payment enquiries: info@thehealthfoundation.org.za



Secure Online Payments: www.givengain.com/cc/Shoes2Move/

In proud partnership:



Thank you for your donation! Thank you for being WoW!

www.westerncape.gov.za/westerncape-on-wellness/shoes-2-move