



Hello Friends of Share & Care,

Whether you're near or far, we hope you will support Share & Care's first ever 5K Walk/Run event on May 19. The big day is only 36 days away, and here's what's new and exciting:



YOGA: Just this past week, we added yoga to the schedule. Certified Yoga Instructor Preet Kaur will be teaching stretches and poses that will help our runners and walkers warm up the right way.

HOLISTIC HEALTH: Event sponsor and certified Ayurvedic holistic health counselor, #MrsHolistic (a.k.a. Suchita Kothari) will be giving free 15-minute Ayurvedic consultations throughout the day of the event. She is also sharing recipes and advice to help us stay healthy for the race, and for life. If you're on Facebook, check out her [Vegetable Barley Soup With White Beans recipe](#).

While you're on Facebook, [check out these cuties](#) urging everyone to sign up.

ESSENTIALS DRIVE: We have partnered with two very important local causes, and will be taking in much-needed items on their behalf: Harlem Children's Zone and Lifting Up Westchester. Below we've listed more about these special organizations and the items they are in need of.

BIG NEWS! Because of you, we've passed the halfway mark to our goal of \$100,000.

Exciting, right? Our new goal will deliver twice the help for people depending on us to create sustainable, life-changing programs in healthcare, education, and gender equality.

We met the goal through registrations, participant fundraisers, and because of some very special sponsors. Please read on for our current list of Share & Care supporters.

SPREAD THE WORD: [Download and share](#) our PDF flyer.

THERE'S STILL TIME! And remember, you can register as a race participant up until the day of the race. Check out all the ways you can help, and read on for more:

- **Participate:** [Register](#) for the 5K Walk/Run and/or 1K KIDS Walk/Run
 - **Sponsor:** [Click on the Sponsor tab](#) to learn more about sponsoring
 - **Donate:** [Support Share & Care's mission](#)
 - **Volunteer:** [Sign up here](#)
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Drop By and Drop Off

Harlem Children's Zone

The Harlem Children's Zone, based out of New York City, is breaking the cycle of generational poverty through an innovative, comprehensive network of year-round, no-cost programs including education, health, and social services for 26,000 children and adults each year.

Harlem Children's Zone is in need of the following items for their Baby Division. **All items must be new:**

- Diapers (up to 30 lbs.)
- Baby wipes
- Swaddle blankets
- Onesies (up to one year)
- Baby books

Lifting Up Westchester

Lifting Up Westchester, based out of White Plains, NY, assists those struggling to overcome the challenges of poverty, homelessness, hunger, health, and education.

Their Brighter Futures Mentoring Program has been specifically designed to respond to the needs of extremely high-risk children who require a high degree of flexibility and room for failure. No child is ever removed from the program for failing to meet academic standards.

Lifting Up Westchester is in need of the following items for their after-school programs.

- Juice boxes
 - Nut-free granola bars
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Thank You Sponsors!

Our list (so far) of donors and in-kind sponsors. Please join us in thanking them. If you would like to become a sponsor too, you can download the form [here](#).

- Anonymous Donors from Florida, Texas, New Jersey, and India
- Kamlesh & Luci Chainani Foundation
- Design & Fine
- In loving memory of Dr. Suresh M. Shah from grandchildren and children
- New York Life
- NO BULL DIAMONDS
- Shah, Amar-Jyotsna & family
- Vishal Raju Bhagat Foundation
- CMEK Basketball
- ConnectOne Bank
- Helping Hands - Ages 13-15 boys on Volleyball team, NY-NJ
- Mrs. Holistic a.k.a. Suchita Kothari
- PRI.biz
- The Elisabeth Morrow School, Englewood, NJ
- Peerless Beverage
- Priya's Vegan

Race to End the Cycle of Poverty — Once and For All

Please [let us know](#) if you have any questions about how you can help.

The [Make a Difference 5K Walk/Run](#) is a way for you and your family and friends — and the entire Share & Care community — to join together and have fun, get active, and at the same time, raise awareness for the ongoing need to empower the women, children, and families living in poverty throughout India.

These are people who continue to be marginalized by society through gender inequality and lack of access to education, basic healthcare, and sanitation & hygiene, based solely on where they were born. **They need your help.**

DONATE TODAY!



SECONDARY EDUCATION



COLLEGE EDUCATION



WOMEN EMPOWERMENT



HEALTHCARE



SANITATION & HYGIENE



MAKE A DONATION

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