## **Sample Church Eblast**

Dear Church Family,

Valuable people make valuable choices. This is the heartbeat of the message of INTEGRA Pregnancy Services. On Saturday, October 19<sup>th</sup>, the ministry of INTEGRA will be hosting their Annual Walk for Life. You have the opportunity to save lives right here in our county!

Prevention, Intervention and Restoration – this is how INTEGRA is making a difference. Serving in the heart of Poughkeepsie, INTEGRA ministers to moms, dads, their babies, students and families. They provide Sexual Integrity Workshops, where they challenge teens with the message of sexual-risk avoidance, reminding them of their incredible value and worth as human beings. Through their Abortion Recovery Support Groups, they reach out to the church with the sanctity of life message and provide support to post-abortive men and women.

As a church, we are excited about INTEGRA's mission! Our goal is ## walkers from [insert church name]. YOU can help make this possible. Your support will impact lives today and for generations. Go to www.IntegraWalkForLife.com and in just a few minutes you can set up your personal fundraising page and simply send a link via your social media outlets and email to your friends, family, co-workers and neighbors. Or, pick up a Walk pledge form at church next weekend. All of the services INTEGRA Pregnancy Services offers are completely free. The funds you raise help make this possible. Please join us at the Walk!

Thank you for making a difference for life!

(signed by church pastor, leadership or the liaison)