



# Exercise for Hope

**Sunday,  
September 20  
12:00-2:00PM**

Support Project Hope and children's physical fitness at the same time! The mission of Project Hope is "to respond to the human hurts and hopes of persons in Lake County who are homeless by providing emergency shelter, care, and guidance in the name and for the sake of Jesus Christ."

Project Hope now has space for 70 families as they continue improving the ability of the shelter to meet the needs of the community. This will decrease wait time for emergency shelter, keep homeless families intact & less-traumatized, and build more people up to go further in life.

How can you help? Sponsor a child to "Exercise for Hope" or invite a child to be a part of the event. Throughout September children K - 8th grade are asking for you to sponsor them as they exercise to raise money for Project Hope and keep homeless families together.

Fill out your name and contact information on the back of this sheet. Please indicate if you would like the child to take on the \$5, \$10, or \$20 exercise challenge. Then come out and cheer them on! Checks can be made out to "Mentor UMC" with "Exercise for Hope" in the memo line. Blessings and Thanks for your support and encouragement!

To learn more or serve, contact Project Hope:  
25 Freedom Road, P.O. Box 2035,  
Painesville, OH 44077 | 440-354-6417  
[www.projecthopeonline.org](http://www.projecthopeonline.org)



8600 Mentor Ave  
Mentor, OH 44060

Phone: 440-255-3496

Fax: 440-255-8198

[www.mentorumc.org](http://www.mentorumc.org)

[www.facebook.com/MentorUMC](https://www.facebook.com/MentorUMC)

*Leading all onto a Path of Transforming Discipleship*

