Dear Friends and Family,

As a proud Registered Dental Hygienist, I am excited to announce I am part of *In Motion 5K: Run, Walk, Fun*, the annual ADHA Institute for Oral Health fundraising event, being held this year in Jacksonville, FL on Thursday, June 15!

ADHA’s Institute for Oral Health mission and work is to DEVELOP, SUPPORT and EMPOWER Dental Hygienists in our nation. This support takes these 3 main forms:

* Research Grants – Hygienists are hard at work in our Universities and Medical Facilities creating better methods to preserve our smiles and oral health.
* Scholarships – Education is so important to us all, but many who have the desire do not have the funds to enter our field or to expand our knowledge through higher education.
* Community Service Grants – Over 50% of Emergency Room visits are dental-related and often involve patients who do not have access to oral care. These grants allow access to care for the underserved. This, in turn, will reduce all of our health care costs.

How can you help the dental hygiene profession, my team and me?

It would mean the world to me if you would make a tax-deductible contribution to the Institute for Oral Health. If you would like to donate (I really hope you do), please visit my fundraising page at: [(insert](http://www.adha.org/IOH/Maddieisgoingtorunwithme) your fundraising page link here).

You can also call me, email me, text me, or send a private message on Facebook!

I’ve made a commitment to raise a minimum of $100 to advance the profession.

Thank you for supporting me in my work, the Institute’s premier fundraising event and helping to keep America smiling and healthy!!

In Motion!

Your name