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**SAMPLE - Bake for a Cure Email to Family and Friends**

Customize with your personal information and story related to cardiomyopathy

DATE

Dear NAME,

Advancing research on pediatric cardiomyopathy is extremely important to me, and having your support would mean a great deal to me.

**On DATE I will be hosting a Bake for a Cure event at LOCATION to benefit the Children’s Cardiomyopathy Foundation** (CCF), a 501(c)3 nonprofit organization focused on raising awareness of pediatric cardiomyopathy. Pediatric cardiomyopathy is a chronic and potentially life-threatening heart disease that affects how the heart pumps blood through the body.

**Cardiomyopathy is a devastating diagnosis that affects the entire family.** Many do not know that it is a leading cause of heart transplants and sudden cardiac arrest in the young. [ADD PERSONAL STORY]  
CCF is dedicated to improving diagnosis, treatment, and quality of life for those affected by cardiomyopathy. CCF funds research on new therapies, provides educational materials and support services to newly diagnosed families, and offers financial assistance to cardiomyopathy families in need. CCF’s programs and services are vital, which is why I want to support their work.

**My goal is to raise $AMOUNT through my Bake for Cure event**. I hope you will support my fundraising efforts by purchasing my baked goods on DATE. Or you can make an tax-deductible online donation to my personal fundraising page (INCLUDE LINK) or directly to the Children’s Cardiomyopathy Foundation (www.childrenscardiomyopathy.org). Every dollar raised brings us closer to a future in which pediatric cardiomyopathy is detected earlier, more lives are saved, and all children with cardiomyopathy can live full and active lives.

**You can help me spread the word by forwarding this email** to your contacts and posting on social media. With everyone’s involvement, we can make a real difference for children living with cardiomyopathy.

Thank you,

YOUR NAME  
YOUR PHONE  
YOUR EMAIL

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**SAMPLE - Bake for a Cure Social Media Posts**

**Facebook**

## Join me at LOCATION, at TIME for my Bake for a Cure event to benefit the Children’s Cardiomyopathy Foundation (CCF). Come and purchase my delicious baked goods to support a cause that means a great deal to me. Pediatric cardiomyopathy is a chronic and potentially life-threatening heart disease. It is a devastating diagnosis that affects the entire family. Help me raise funds for cardiomyopathy research and family support services by making a FB donation. Learn more about CCF’s programs and services: [bit.ly/ccfservices](https://www.childrenscardiomyopathy.org/pages/about-foundation/programs-and-services/) [#BakeADifference](https://www.facebook.com/hashtag/bakeadifference?source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCDeD2T-It_sGR10N3phzh_QsV0zkgbkng3IRA2QyUQQXaNz0vB5dVni0scscIYczsANEKmRu7GLHQ46fBxgDP1T1e9vfcMaKO5t60039q4m0GFS3c1ZQS4cJRM4cJkP-ybXaGpS63c0PE6XVfJGvSJZ5HI-zc5JysVpRwY07nlLi_LWccDUqLMp1Wm7PhctKhqaPTn9-H928g7q09M4iMVBoxMZ3rXZ2j1EhVeFIFAAKBDViGcIWUeYxI5fE2zJ2xgb7ZXnWtoZrajuBRluFzlWyhC_hw7sIweQWJbXzOUTBogZe7NhHVZP0YquiKXOfhG7vLTwQt5mkmX1Q&__tn__=%2ANK-R), #bakesale, #community, #givingback

Remember to also:

* Change your Facebook cover banner
* Post with a your baking photo
* Set up a Facebook Fundraiser after you create your post  
  Click "Fundraisers" on the left of your News Feed page and select the “Children's Cardiomyopathy Foundation. For more information refer to Facebook’s instruction https://www.facebook.com/fundraisers?create&source=help\_center\_how\_to\_create\_fundraiser

**Twitter**

Join me at LOCATION, at TIME for my Bake for a Cure event to benefit the Children’s Cardiomyopathy Foundation (CCF). Come and purchase my delicious baked goods and help support a cause that means a great deal to me. Pediatric cardiomyopathy is a chronic and potentially life-threatening heart disease that needs funding for research and family support services. Learn more about CCF’s programs and services: [bit.ly/ccfservices](https://www.childrenscardiomyopathy.org/pages/about-foundation/programs-and-services/" \t "_blank) [#BakeADifference](https://www.facebook.com/hashtag/bakeadifference?source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCDeD2T-It_sGR10N3phzh_QsV0zkgbkng3IRA2QyUQQXaNz0vB5dVni0scscIYczsANEKmRu7GLHQ46fBxgDP1T1e9vfcMaKO5t60039q4m0GFS3c1ZQS4cJRM4cJkP-ybXaGpS63c0PE6XVfJGvSJZ5HI-zc5JysVpRwY07nlLi_LWccDUqLMp1Wm7PhctKhqaPTn9-H928g7q09M4iMVBoxMZ3rXZ2j1EhVeFIFAAKBDViGcIWUeYxI5fE2zJ2xgb7ZXnWtoZrajuBRluFzlWyhC_hw7sIweQWJbXzOUTBogZe7NhHVZP0YquiKXOfhG7vLTwQt5mkmX1Q&__tn__=%2ANK-R), #bakesale, #community, #givingback

Remember to also:

* Change your twitter cover banner
* Post with your baking photo

**Instagram**

Join me at LOCATION, at TIME for my Bake for a Cure event to benefit the Children’s Cardiomyopathy Foundation (CCF). Come and purchase my delicious baked goods and help support a cause that means a great deal to me. Pediatric cardiomyopathy is a chronic and potentially life-threatening heart disease that needs funding for research and family support services. Learn more about CCF’s programs and services:[bit.ly/ccfservices](https://www.childrenscardiomyopathy.org/pages/about-foundation/programs-and-services/) [#BakeADifference](https://www.facebook.com/hashtag/bakeadifference?source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCDeD2T-It_sGR10N3phzh_QsV0zkgbkng3IRA2QyUQQXaNz0vB5dVni0scscIYczsANEKmRu7GLHQ46fBxgDP1T1e9vfcMaKO5t60039q4m0GFS3c1ZQS4cJRM4cJkP-ybXaGpS63c0PE6XVfJGvSJZ5HI-zc5JysVpRwY07nlLi_LWccDUqLMp1Wm7PhctKhqaPTn9-H928g7q09M4iMVBoxMZ3rXZ2j1EhVeFIFAAKBDViGcIWUeYxI5fE2zJ2xgb7ZXnWtoZrajuBRluFzlWyhC_hw7sIweQWJbXzOUTBogZe7NhHVZP0YquiKXOfhG7vLTwQt5mkmX1Q&__tn__=%2ANK-R), #bakesale, #community, #givingback

Remember to also:

* Post with your baking photo