Dear Friend,

This November 3-7, I will participate in ***Courage in Motion* 2024,** a cycling event in support of more than 55,000 disabled veterans who have been wounded while defending the State of Israel. This 15th ride promises to be an incredible experience and, especially, meaningful this year.

Beit Halochem Centers in Tel Aviv, Jerusalem, Haifa, Beer Sheva, and Nahariya ensure that the injured and their families receive the help they need and deserve in order to return to productive and fulfilling lives. These leading-edge Centers boast an array of exceptional rehabilitative services including physiotherapy, hydrotherapy, therapeutic devices, specialized equipment, sport coaching, and cultural activities.

I will join an international group of cyclists to ride alongside Israel’s wounded heroes for five days. My goal in this journey is to raise funds primarily for the extensive tandem and hand-biking programs at Beit Halochem, as well as to show my personal commitment to these men and women.

I hope that you will support Israel's disabled veterans by making a donation on my behalf to the *Courage in Motion* bike ride.

Donations can be made by cash, VISA, Mastercard. If paying by check, please ensure to note my name so the donation is applied to my fundraising goals. Checks, payable to Friends of Israel Disabled Veterans, should be mailed to:

Stephanie Howell

Friends of Israel Disabled Veterans

1133 Broadway, Suite 232  
New York, NY 10010

All donations will receive tax receipts.

On behalf of Israel’s disabled veterans, thank you for your support. For more information about   
Beit Halochem and *Courage in Motion*, please visit [**www.beithalochem.ca**](http://www.beithalochem.ca) and

**[www.courageinmotion.ca](http://www.courageinmotion.ca)**

Sincerely,

P.S. As an international cyclist, I am responsible for my registration fee, airfare, and fundraising. Your donation fully supports the wounded heroes of Beit Halochem.