Dear Friend,

This November 3-7, I will participate in ***Courage in Motion* 2024**. The annualcycling event is in support of more than 55,000 Israelis disabled in the line of duty or through acts of terror. As always, it promises to be an incredible experience, but this year’s ride will be especially meaningful.

Beit Halochem Centres in Tel Aviv, Jerusalem, Haifa, Beer Sheva, and Nahariya ensure that these injured men and women and their families receive the help they need in order to lead productive and fulfilling lives. These leading-edge Centres offer an unparalleled range of exceptional rehabilitative services including physiotherapy, hydrotherapy, therapeutic devices, specialized equipment, sport coaching, and cultural activities.

I will join an international group of cyclists in Israel and ride alongside Israeli 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. More significantly, however, I want to show my personal commitment to these men and women. Our solidarity is vital, now more than ever.

I hope that you will support Israel's disabled veterans by making a fully tax-deductible donation on my behalf to *Courage in Motion* 2024.

Thank you for your support. For more information about Beit Halochem Canada 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 Beit Halochem’s wounded Heroes.