

Campaign Website:

<https://www.iheartradio.ca/bounce/brockville/events/join-the-iplodge-challenge>

Campaign Hashtag:

#iPledgeChallenge

How To Get Involved:

- ⇒ Tell your staff about the campaign and get them to take the pledge and share the information
- ⇒ Share the above link on your website and your social media channels
- ⇒ Download the pledge bubble and post it on your social media. Don't forget to use the hashtag
 - * Right click on the bubble on the website and save it to your desktop
 - * Fill in your pledge message
 - * Post it on your social media channels
 - * You can also print the bubble and take a selfie with it to post
- ⇒ Share this message with your partners in the community. Send an email with details on how to take the pledge. Encourage others to share the information even more broadly.
- ⇒ Post your pledge success stories and send it to the CTV teams via their channels with the hashtag.
 - * BOUNCE 103.7 - <https://www.facebook.com/BounceRadio1037/>, <https://twitter.com/bounceradio1037>, <https://www.instagram.com/bounceradio1037/>
 - * CTV - <https://www.facebook.com/CTVNewsOttawa/>, <https://twitter.com/ctvottawa>, <https://www.instagram.com/ctvottawamorninglive/>
 - * MOVE 104.9 - <https://www.facebook.com/move1049/>, <https://twitter.com/Move1049>, <https://www.instagram.com/move1049brockville/>

If you have any questions, please email Starr Langstaff at langstaffs@lgamh.ca. Thanks for your support!

