

*The Fit and Food Connection's*  
**ANNUAL DAY OF WELLNESS**  
*Farm to Table Fundraiser*

October 3rd from 3:00PM - 6:00PM | 4846 St. Louis Ave, Saint Louis, MO 63115

## AUCTION/RAFFLE ITEMS NEEDED

The Fit and Food Connection's Annual Day of Wellness: Farm to Table event will take place on October 3rd from 3:00PM-6:00PM at our Project Sunflower Organic Garden as well as in several homes put on by our generous hosts. This event's over 100 guests will enjoy a healthy chef-prepared farm-to-table style menu featuring food from our garden and local partners, a signature cocktail, live music, and exciting raffle and auction items.

As we envision a world where people in under-served communities all have strong minds and healthy bodies, The Fit and Food Connection offers people living in food and fitness deserts access to free nutritious food, physical activities, educational workshops, and personal coaching to encourage and support healthy living. For this year's Annual Day of Wellness fundraiser, our goal is to raise \$7,000.00 to fund our free Food Access and Wellness Programs to support our growing client base.

We cannot meet our goal without the help of donors like you! **Please consider contributing an item or experience to our exciting live auctions and raffle—you'll be making a huge impact in making St. Louis a healthier community.** If you'd like to contribute to our fundraising efforts, please contact our Fundraising and Operations Lead Rebecca Punselie at [rebecca@fitandfoodconnection.org](mailto:rebecca@fitandfoodconnection.org) or (314) 740-0709.

Every dollar raised during our Farm to Table event goes straight to work in support of our mission and impact. Thank you in advance for your support!



8816 Manchester Rd. #203  
St Louis, MO 63144

**We'd love to see you there!**

Register today at <https://bit.ly/fitandfoodannualevent>

(314) 312-2746

[www.fitandfoodconnection.org](http://www.fitandfoodconnection.org)

[info@fitandfoodconnection.org](mailto:info@fitandfoodconnection.org)