



January 23, 2023

Dear Friends,

Happy 2023! As our team eagerly prepares for our 8th Don't Stall, Just Call K Run/1-Mile Walk, memories race through my head. How did we get to this point? Tomorrow, January 24, marks eight years since Christian passed. The reality of him not being here still takes my breath away. This is what alcohol poisoning from binge drinking can do.

Eight years ago, our family received a phone call that changed our lives forever. We spent a week in the ICU while Christian clung to life. He never regained consciousness and succumbed to widespread damage to his system. The CDC calls what he did "high intensity drinking" - a step above binge drinking. While many people turn to alcohol for relaxation, the truth is actually it has a depressant effect, causing major organs to slow down and potentially cease if you drink large quantities.

While college culture continues to normalize overdrinking, getting hammered or wasted, and "blacking out," about 6 people die each day as a result of alcohol poisoning. And 95,000 people die annually from alcohol-related deaths, the CDC says.

We at The CTC Wellness Foundation and Don't Stall, Just Call continue to work hard to shift the overdrinking culture. We teach the symptoms of alcohol poisoning so a young person can feel empowered to make a call if someone is showing signs of it. By sharing strategies and wellness tips, young people can navigate parties with more awareness and safety. Our testimonials speak for themselves--our Don't Stall, Just Call mission is working!

"I have been meaning to reach out... since the assembly because I truly feel obligated to let you know how much it impacted me! After hearing about alcohol poisoning and the signs, symptoms, and effects, I feel as though it is something I have been blindsided by all of high school, and I know my classmates could all say the same. I had no idea how serious and dangerous binge drinking could be and I definitely did not know how to check for the signs of it and I plan to keep that knowledge with me for the rest of my life. I feel so grateful that I got to hear about the beautiful person Christian was and get a glimpse into his life before the tragedy." Graduate of GMAHS '21

Please join our mission by being a sponsor, donor, supporter, volunteer, or participant. Help the CTC Wellness Foundation and Don't Stall, Just Call create healthier futures for all families with continuous, multi-platform education: in-person presentations, social media campaigns, billboards, banners, and impactful safe drinking reminders.

No one is invincible. Help us prevent senseless deaths.

In Gratitude,

Mary Ciammetti

The CTC Wellness Foundation, A 501(c)3 Foundation

Don't Stall, Just Call 5K / 1 Mile Walk Sponsorship 2023

Our shirts will be featuring our generous Platinum, Premier, and Lemon Tree Sponsors on the back.
Our other honorable businesses and names will be prominently listed on our banner boards,
website and social media feeds. See details below.

Platinum Sponsor - \$5000+

Business name/Logo on back of Shirt, DSJC FB & Instagram, and website.
Seven complimentary race registrations and t-shirts.

Premier Sponsor - \$1000+

Business Name/Logo on back of shirt, DSJC FB,
Instagram, website. Five complimentary race
registrations and t-shirts.

Wellness Sponsor - \$200

Name/Logo on DSJC FB, Instagram, and website.
Two complimentary race registrations and t-shirts.

Lemon Tree Sponsor - \$500

Business Name/Logo on back of shirt, DSJC FB,
Instagram, website. Four complimentary race
registrations and t-shirts.

Community Sponsor - \$100

Name/Logo on DSJC FB, Instagram, and website.
One complimentary race registration and t-shirt.

Contact Name: _____

Business Name (if applicable): _____

Address: _____

Email: _____ Phone: _____

Business URL: _____

Please provide Participant Name, Event (walk or run), Gender (M or F), Birthday (mm/dd/yyyy), and Shirt Size (XS, S, M, L, XL, XXL) for complimentary registrations (additional space on back):

1. Name: _____ | Event: _____ | Gender: ____ | Birthday: _____ | Shirt Size: _____

2. Name: _____ | Event: _____ | Gender: ____ | Birthday: _____ | Shirt Size: _____

3. Name: _____ | Event: _____ | Gender: ____ | Birthday: _____ | Shirt Size: _____

4. Name: _____ | Event: _____ | Gender: ____ | Birthday: _____ | Shirt Size: _____

I am not able to sponsor currently, please accept my donation of: \$_____

Mail form and check payable to **The CTC Wellness Foundation** to:

Nancy Morrow
1612 Mulberry Rd
Flourtown, PA 19031

Digital logos can be sent to jgmiller93@gmail.com.

Questions? Please email nancym@dontstalljustcall.org or call 215-499-6301

Only out of state shirts will be mailed. Shirts will be distributed on day of race.

Deadline to be guaranteed t-shirts is **April 1, 2023**.