

## ***Email Template***

Dear Friends and Family,

This September I am participating in a “virtual bike ride” to raise funds and awareness for Andean Health & Development, a healthcare non-profit in rural Ecuador founded by my friend, Dr. David Gaus.

Andean Health is an organization I have been following and supporting for many years. They:

- provide high quality medical care to Ecuador’s most underserved people in a sustainable way
- employ 100% local staff
- train local physician residents to be the next generation of global health leaders
- conduct meaningful public health research
- work on the front lines during this public health crisis

To donate, please visit [www.andeanhealth.org/bike-ride-donate](http://www.andeanhealth.org/bike-ride-donate) and select my name to make a gift to my campaign. Or join my team and ride with me—or on your own!

Those living in Ecuador’s countryside are especially vulnerable to the devastating effects of the pandemic, in terms of both health and socio-economics. Your support allows Andean Health to do the following:

- provide care to both Covid-19 patients and routine patients since the public hospitals’ beds are filled
- deliver groceries to isolated community members
- reach out to former patients with chronic conditions so they don’t fall through the cracks during the pandemic
- as one of the community’s largest employers, provide much-needed jobs
- dispense important public health information to the community as the pandemic evolves

More info about Andean Health’s good work is available at [www.andeanhealth.org](http://www.andeanhealth.org). Donations are tax-deductible. Thank you for your consideration!

Sincerely,

[Your Name]

## ***Social Media Post***

I am riding my bike XX miles to raise funds and awareness for Andean Health & Development in rural Ecuador. Please support my effort to help bring more quality medical care to Latin America’s underserved. Select my campaign here: [www.andeanhealth.org/bike-ride-donate](http://www.andeanhealth.org/bike-ride-donate) Thank you!