

How? Participate! October is The Foundation's Social Isolation Awareness Month campaign. This is the third year for our month long event, but probably more important than at any other time. Sign up at [www.rtoerofoundation.ca/endisolation](http://www.rtoerofoundation.ca/endisolation). Every Tuesday, you will receive an email with challenges, activities and ideas to put into practice for a healthier you and a healthier community. It does take a village!

Anything else? Help shine a light on social isolation by dipping into your wallet. The Foundation has set a goal of \$100,000 to go to research into this signature campaign. Raising awareness, empowering individuals, and research and education, are the three cornerstones for changing the trajectory of social isolation.

Your Foundation has more for you at [www.rtoerofoundation.ca](http://www.rtoerofoundation.ca). Get started today!