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***Email Template for North Carolina Riders***

Dear Friends and Family,

This September, I am riding [six or three] days 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. Here are some exciting ways they are making impact for rural Latin America!

* AHD’s teaching hospitals provide high quality medical care to Ecuador’s most underserved people in a sustainable way.
* They employ 100% local staff, 70% of whom are women.
* Local physician graduates train new physician residents to be the next generation of global health leaders.
* They provide continuing education to nurses, doctors, administrators, and other staff
* The local team conducts meaningful public health research and publishes medical manuals and journals.

**To donate, please visit** [**www.andeanhealth.org/donate-to-ahd**](https://www.andeanhealth.org/donate-to-ahd/) **and select my team name “[ ]” to make a gift to my campaign. Or join my team and ride with me!**

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 [3 or 6] days in North Carolina 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/donate-to-ahd](https://www.andeanhealth.org/donate-to-ahd/) Thank you!