



Transitions-Mental Health Association Presents the 40th Annual Strike Out Stigma Bowl-a-Thon

JOIN US!

Prizes for high fundraising and high scores
Support TMHA's critical work

SIGN UP TODAY!

SHIFTS

Rancho Bowl, Santa Maria
Friday, March 15th

@ 6:00pm-8:00pm

TMHA Staff & Board Celebration

Pismo Beach Bowl
Friday, March 15th

@ 6:00pm-8:00pm

TMHA Staff & Board Celebration

Saturday, March 16th

@ 2:00pm-4:00pm

@ 5:00pm-7:00pm

Cal Poly Mustang Lanes
Saturday, March 16th

@ 2:00pm-4:00pm

@ 4:30pm-6:30pm

Sunday, March 17th

@ 2:00pm-4:00pm

@ 4:30pm-6:30pm

REGISTER

- Assemble a team of 5 bowlers
- Visit <https://support.t-mha.org/campaign/tmha-bowl-a-thon-2024/c547975> to reserve your preferred shift or contact Eileen Calandro at ecalandro@t-mha.org or 805-540-6510.

FUNDRAISE

- Share your fundraising page with your friends, family, and colleagues
- **Your team is asked to raise at least \$500 by March 14th, 2024** or skip fundraising and pay a flat fee of \$500 for your team.

BOWL

- You and your team will receive shoe rentals, pizza, snacks, & event t-shirts.
- Bowl 2 games with your team
- Win prizes for raising money and HAVE FUN!

Questions?

Contact Eileen Calandro at ecalandro@t-mha.org 805-540-6510
or Clara Cobb at ccobb@t-mha.org 805-540-6564

