

HEALTHY LIVING IPSWICH



 **28 July 2019**

Register now!

www.park2park.com.au



PRESENTED BY



Training

Bill Paterson Oval, Limestone Park

IHF Running Groups \$7

parkrun- FREE

Monday 5:30pm

Saturday 7:00am

Wednesday 5:30am

Thursday 5:30pm

Friday 5:30am

**Ipswich Hospital Foundation
Park2Park presented by USQ**

- HALF MARATHON
- HALF MARATHON RELAY
- 10 KM
- 5 KM
- 5 KM WALK
- 2.5 KM NEW
- FAMILY CHALLENGE
- MASCOT MARATHON



FUNDRAISING WITH **entertainment**

School Holidays? Sorted!

Order Today!

Get your Entertainment Book or App from IHF!



CENTURY BATTERIES IPSWICH SUPERSPRINT MAKE A WEEKEND OF IT WITH IPSWICH HOSPITAL FOUNDATION

Two great events are flying into Ipswich on the last weekend in July and IHF invites you to make it a blockbuster!

The speed limits might be different but the premise is the same, turn up, enjoy and support the Ipswich community.

Ipswich Hospital Foundation is a proud charity partner of the 2019 Century Batteries Ipswich SuperSprint (26-28 July) at the Queensland Raceway.

Ipswich Hospital Foundation Acting Chief Executive Officer Ashton Greaves encouraged the community to consider making a weekend of the fabulous Ipswich events.

“The SuperSprint promises non-stop thrills for all ages and that may be just what

you need to round off your Park2Park 2019 weekend!

Support IHF and the Century Batteries Ipswich SuperSprint in 2019 – you can even relax at IHF’s Chill Out Zone in the SuperSprint merchandise arena.

WIN A RACEDAY DOUBLE PASS

To celebrate IHF’s charity partnership with the SuperSprint, if you register for the Park2Park between 16 - 21 July (midnight) you’ll automatically go into the draw to WIN a double pass to the Century Batteries Ipswich SuperSprint 26-28 July! Winners will be contacted on Monday 22nd July.



CYCLE SAFELY COURSE BIKE4LIFE SCHOOL HOLIDAY PROGRAM

Are your kids cycling safe? Enrol now for the school holiday Bike4Life Cycling Education Program (10-11 July) presented by Ipswich Hospital Foundation and Sekisui House.

The 2-hour course held at Pebbles Park, Ripley will teach basic bike riding skills, build your child’s confidence to remove training wheels, increase awareness of surroundings and the knowledge to be safe while riding. To register visit:

www.ihfoundation.org.au/events/

The program will also be presented in the October School Holidays.



DONOR SPOTLIGHT - OUR SUPERHEROES

Grandchester Social Club Treasurer Mondy Anderson was able to witness fundraising dollars in action at the recent Superhero Day hosted by the Ipswich Hospital Children’s Sunshine Ward to celebrate Partnering with Consumers Month.

The day, funded by IHF, encouraged creativity and working together with fruit face making, face painting and encouraged gardeners in the making with make-your-own grass heads! Ipswich Hospital Foundation Acting Chief Executive Officer Ashton Greaves

said money spent on collaborating, relationship building and brightening the day of children in hospital is always worthwhile.

“Ipswich Hospital Foundation understands the importance of collaboration, especially with the community and our health partner, West Moreton Health.

If you, like the Grandchester Social Club, would like to help IHF move towards better health with the community, get in touch: info@ihfoundation.org.au or visit www.ihfoundation.org.au



EOI IHF BOARD MEMBER

Ipswich Hospital Foundation is seeking candidates to complement a skills-based Board in a part-time voluntary capacity.

The ideal candidate will possess a successful track record in significant senior and/or governance positions. Applications from candidates with an entrepreneurial flair, business and commercial acumen and strong fundraising skills will be welcomed.

Applications to be submitted by Thursday 1st August 2019 (5:00pm) via email ceo@ihfoundation.org.au and include a two-page maximum curriculum vitae; contact information for two work/character references; and a brief statement on your interest in the IHF Board Member position.