

# PERTH POLAR BEAR PLUNGE 2024



## ABOUT US RURAL FASD

FASD (Fetal Alcohol Spectrum Disorder) can occur when a person is exposed to alcohol before birth. It is a life-long neurodevelopmental disorder that causes impairment in physical, cognitive, sensory, and behavioral development. At Rural FASD, we focus on helping those in rural Eastern Ontario communities affected by FASD access resources, services, and information that can best support them to achieve success.

## IMPORTANT INFORMATION TAKING THE PLUNGE

Plungers will gather at the Legion early on New Years Day and begin jumping into the ice-cold Tay River. If you are interested in plunging as an individual or team, go to [polarplunge2024.ca](http://polarplunge2024.ca) and follow the links to register. Each year, The Perth Polar Bear Plunge selects a different community group to support. Rural FASD Support Network is honored to be the 2024 recipients. Please help us reach our goal of raising \$30,000!



### PLUNGE DETAILS

**Location:** Perth Legion (26 Beckwith St East Perth ON)  
**Date & Time:** 10:30am January 1st, 2024



### DONATIONS

To register and donate, go to the website [www.polarplunge2024.ca](http://www.polarplunge2024.ca) and follow the links to sign up with Canada Helps.



### SOCIAL MEDIA

Follow our social media!  
Instagram: [ppbp2024](https://www.instagram.com/ppbp2024)  
Reddit: [perthpolarplunge24](https://www.reddit.com/r/perthpolarplunge24)  
Twitter: [perthplunge2024](https://www.twitter.com/perthplunge2024)

### DONATE AND TAKE THE PLUNGE!

PHONE: 1-877-708-2047

WEBSITE: [www.polarplunge2024.ca](http://www.polarplunge2024.ca)

EMAIL: [perthpolarbearplunge@ruralfasd.ca](mailto:perthpolarbearplunge@ruralfasd.ca)



[www.ruralfasd.ca](http://www.ruralfasd.ca)



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