



Step Your Game Up, With Gratitude

The intention of the BCI Gratitude Wall is to Inspire Hope and Share The Spirit! As we express our gratitude, together, we're also *paying it forward* to The Heads Up! Foundation. The funds raised will go towards scholarships and tuition assistance for area youth.

Guidelines for the Wall:

- An Individual may post on the wall once a week from November 20 – December 31.
- When posting, please be sure that your post is relevant to our page theme of gratitude.
- Be respectful of privacy, don't judge grammar and spelling, and keep your language approved for all ages.
- If you don't play by the rules, we'll have to remove your post.

"I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do."

Edward Everett Hale