

2025 COMMUNITY WISH LIST

Crim Fitness Foundation	
Mission:	We cultivate accessible, vibrant communities in Flint and Genesee County that encourage people to lead healthy lifestyles by integrating physical activity, healthy eating, and mindfulness into their daily lives and mentors other communities to do the same.
Cash Donations	
Website & Link to Donate:	https://crim.org/donate/
Mailing Address for Checks:	719 Harrison St. #102, Flint, MI 48502
In Kind Donation Requests	
Address for Drop Offs:	719 Harrison St. #102, Flint, MI 48502
Days of Week Accepted:	M-F
Times of Day Accepted:	9am-5pm
Drop off Instructions/ Limitations/Notes:	Anything can be brought to our front desk. Let them know that this is a donation for Mindfulness. The doors are open.
Organization Contact for In-Kind Donation Questions:	Name: Samantha Farah Email: sfarah@crim.org Phone: 810-201-6555
Donation Requests:	Below are in-kind donations that we welcome to support our programs: <ul style="list-style-type: none"> - Meeting space for 50 plus people - Affirmation card decks, qty. 25+ - Yoga Mats for participants, qty. 25+ - Journals, qty. 25+ - Food/Snacks for program, this could be in the form of gift cards to area grocery stores or caterers - Gas cards/bus passes for participant supports - Smooth rocks for rock painting - Paint pens - Sound bowls, chimes, or other calming instruments to use in facilitation - Video or photography services - https://crim.org/sponsorships/?cat=mindfulness

Volunteer Opportunities	
Volunteer Coordinator:	Name: Samantha Farah Email: sfarah@crim.org Phone: 810-201-6555
Volunteer Opportunities:	https://signup.com/client/invitation2/secure/9284246044/false#/invitation