*You can copy the below text and then paste in your email.*

Hi,

I’m planning on taking a video diary challenge and am hoping you’ll join me.

Every day, April 12 – 16, we’ll get an email with a question. We’re supposed to think about the question and then video-record our answer on our phone. The questions help with advance care planning, something that I’ve been meaning to do for a while.

Anyway, I thought it might be an easy way to start a conversation since we could just start by sharing the videos. You can learn more and sign-up [here](https://www.celebratenhdd.online/challenge).

Let me know!