



Dear TCME Supporter,

You are invited to join us for our Fifth Annual Virtual Auction to benefit The Center for Mindful Eating, to be held October 21-30, 2020. This annual event provides an opportunity for Mindful Eating Professionals to showcase their goods and services to our community while helping us raise funds to support our mission.

The mission of The Center for Mindful Eating, also known as TCME, is to help people achieve a balanced, respectful, healthy, and joyful relationship with food and eating. By providing easily accessible, research-based information and opportunities to interact in community, we seek to train and encourage professionals and to educate the public about the practice of mindful eating.

**We count on our annual auction** to help boost our annual revenue by as much as 10%. Your donation will help TCME continue its mission by helping to fund the scholarship program, supporting new education programs for professionals and members of the public, as well as our operational expenses.

**To join us**, please donate a product or service by **September 7, 2020**. In the past, popular items have included timeshares, art, meditation and yoga retreats, mindful eating training opportunities (both online and in-person), signed book copies, self-study programs, and culinary training programs, just to name a few. We are looking for items to educate and inspire, feel free to be creative!

In return for your generous donation, TCME will provide the following considerations:

- Your name and product/ service will be featured in our promotional material and on our website. Promotional materials will be shared on our social media channels and with our online community of over 12,000 contacts.

- Access to a communication toolkit to make sharing about your donation simple and quick.
- A 501(c)3 tax-deduction letter for your records.

**Get started** by submitting a product or service. Auction sponsorships are also available. Select the options that work best for you.

- **Submit an item or service:** You will be asked to provide the item description, a high-resolution picture of the item, a business logo, and your contact information. The donation deadline is **Monday, September 7, 2020**.

**Click Here** → [Auction Submission Form](#)

- **Become an Auction Sponsor:** If you are interested in sponsoring the event, please email us at [info@tcme.org](mailto:info@tcme.org).

Thank you in advance for your generous donation and support. We look forward to working with you.

In gratitude,

**The Center for Mindful Eating Board of Directors**

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