



2022 HIKE-A-THON

Together we can break free from the clutches of technology overuse and hike for health and wellness in the digital age.

NATURE UNPLUGGED: HIKE 2B-RAD | OCTOBER 1 - 31, 2022

Today's digital age is stressful and we're seeing higher instances of anxiety, isolation, depression, suicide and obesity than ever before. Let's break free from the clutches of technology overuse, rise above the digital noise and get back to what's truly important—connecting with others, connecting with nature and engaging with the world around us.



THIS EVENT HAS A DUAL PURPOSE:

To help you experience nature unplugged and to raise money to provide individual scholarships and subsidized services for organizations and communities in need. It's a win-win!

[HTTPS://CHARITY.PLEDGEIT.ORG/BAY-AREA-HIKE2022](https://charity.pledgeit.org/bay-area-hike2022)

REGISTER NOW—HIKE WITH SEQUOIA!

Sequoia Wealth Advisors is an official sponsor of this year's Hike-A-Thon. Registration begins September 15, with some extra perks for the Sequoia Community.

- ✓ Use the QR code or link above to register beginning September 15, 2022.
- ✓ When registering, you'll be asked "Are you affiliated with a specific organization?" Write "SEQUOIA" as your response.
- ✓ Register early to receive an individual donation pledge from Sequoia!
- ✓ Join us for a special Sequoia community hike (4.3 miles, moderate) on Saturday, October 22 at 9:00 AM with Nature Unplugged and 2B-RAD. Location—Fall Creek in Felton, CA. [RSVP for the Sequoia Community Event here.](#)
- ✓ Celebrate with the Sequoia community on October 22 post-hike at Fault Line Brewery, Scotts Valley, CA (food & drinks provided).
- ✓ Have fun and log as many miles as you can in October!



2B-RAD and Nature Unplugged are missioned aligned 501 (c)(3) nonprofits working together to do twice the good.

WWW.2B-RAD.ORG | WWW.NATUREUNPLUGGED.COM | WWW.SEQUOIAWA.COM



THE PARTNERSHIP

2B-RAD and Nature Unplugged are missioned aligned 501 (c)(3) nonprofits working together to do twice the good.

2B-RAD: Using nature to heal life's hardships.



Inspired by the spirit and energy of Brad Humphrey, 2B-RAD partners with like minded organizations who believe in community and the healing power of being active in nature. Whatever the hardship, 2B-RAD's goal is to help individuals and families participate in outdoor, community based programs like guided hikes, backpacking trips, educational retreats and more. Our time is precious and as we know, life can throw us curve balls. Stress, anxiety, grief and digital noise can easily overwhelm and distract us from what's truly important. 2B-RAD believes every individual and family deserves the opportunity to explore, grow and challenge themselves in nature with guidance and support.

Nature Unplugged: Inspiring wellness in the digital age.



Nature Unplugged was founded in 2012. Through years of fieldwork, research and personal journeys, the Nature Unplugged team has developed a unique curriculum to help individuals, families, educators and organizations break free from the clutches of technology overuse, reconnect with nature and engage with life and work in a whole new way.

While their work is rooted in finding a healthy balance between screen time and green time, a variety of preventative (upstream) solutions for mental and physical wellbeing are offered. Programs focus on providing tools and resources that help people take a proactive and holistic approach to the current health challenges we are facing today as a society. Both educational and experiential services are available:

- Individual Wellness Coaching
- Presentations & Trainings
- Community Hikes
- Day Trips
- Digital Detox Retreats