



**SNOWFLAKE BEAR, P.P.**

Plunge Headquarters  
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Phone: 804.346.5544  
**POLARPLUNGE.COM**

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**DIAGNOSIS:** *Philanthropic do-goodery condition*

**PRESCRIPTION:**

Please excuse *this brave Polar Plunger* \_\_\_\_\_ from:

Work

School

Other Activity

in order for them to "chill out" at the 2019 Polar Plunge  
to benefit Special Olympics Virginia's 23,000+ athletes.

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**REFILLS:** 0 1 2 3 4 5 PRN

*Snowflake Bear*

SIGNATURE

**POLAR  
PLUNGE**

Snowflake Bear is a doctor of Polar Plunging (P.P.) and is not a real doctor.  
In case of an emergency, you should still call 9-1-1. Seriously.