



Federal Charitable #81858 8956 RR0001



Let's create a "Sea of Blue"

4th ANNUAL PARIS, ON WALK

SATURDAY, SEPTEMBER 29, 2018

Registration - 10 am  
Walk Begins at 11am



Sjögren's Society of Canada  
National Office  
31 Mechanic Street  
Paris, ON

Help Raise Awareness  
And Funds for Sjögren's  
Syndrome

Participant Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Home Address: \_\_\_\_\_ Apt.#: \_\_\_\_\_ City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

All donations of \$15 or more are tax deductible.

TO ENSURE TAX RECEIPT: Please print clearly; provide donor name and complete address, including postal code.

First Name	Last Name	Address, City, Prov. & Postal Code	Phone	Email	Donation	PAID Cash, Cheque, Canada Helps
Total						

The leisurely 2.5 km & 5 km routes will help raise awareness and funds for Sjögren's Syndrome educational programs and support Sjögren's research initiatives!

We are excited to hold our 4<sup>th</sup> annual walk at our National Head Office in Paris, ON.

## **SJÖGREN'S SYNDROME**

*Pronounced SHOW'-grins*

Sjögren's is recognized as the 2<sup>nd</sup> most common autoimmune rheumatologic disease. Hallmark symptoms are uncomfortable and often debilitating dry eyes and dry mouth but it is a systemic disease and may lead to many serious health problems.

### **Symptoms include:**

- Trouble eating or talking without sipping water, feeling of grit in eyes, persistent swelling of face, rampant tooth decay, muscle aches, arthritis, low grade fever, nerve damage, thyroid inflammation, extreme fatigue, lymphoma, reduced quality of life and other incapacitating complications.

### **Quick Facts**

- Affects up to 430,000 Canadians
- 3x more than Multiple Sclerosis and Lupus
- Takes average of 5-9 years for diagnosis
- 9 out of 10 are women, ages 35-65 but men and children also suffer
- People may not look sick on the outside adding to the delay in diagnosis
- Awareness is the key to earlier diagnosis and improved quality of life.

### **Show Your Support!**

Walk the fun route yourself, or sponsor a participant or team member. Volunteer your time at the event. Put posters up in your area to help spread the word about this serious disease.

### **Ask Everyone You Know to Support Sjögren's Syndrome!**

- Ask family members and friends
- Colleagues (don't forget your boss)
- Church, clubs & community groups
- Doctors, dentists and healthcare professionals
- Local businesses, pharmacies, and merchants you frequent.

### **How Can You Participate?**

**Individuals:** Walk, run or bike. Sign-up yourself or walk for someone with Sjögren's.

**Teams:** Recruit 2 or more of your friends and participate as a group. Come up with a fun name for your team!

### **DIRECTIONS TO SJÖGREN'S NATIONAL OFFICE**

**31 Mechanic Street, Paris, ON**

**Via HWY 403**

- Take exit 33 to Paris Rd/Brant County Hwy2
- At lights, turn left onto Dundas St E/Brant Cty Hwy2
- Slight right onto Dumfries St/Brant County Hwy 24A towards Paris Downtown
- Turn left onto Grand River Street
- Turn left onto Mechanic Street
- Sjögren's National Office is on the left (Wincey Mills)
- Continue to rear of building to register

**Via HWY 401**

- Exit Hwy 24 South, Waterloo Regional Road 24
- Turn right at Blue Lake Rd/County Rd 35
- Turn right onto William Street
- Turn left onto Grand River Street
- Turn right onto Mechanic Street
- Sjögren's National Office is on the left (Wincey Mills)
- Continue to rear of building to register

### **TO REGISTER:**

**Contact Lauren Vording**

**P: 519-302-0051 or 1-888-558-0950**

### **SJÖGREN'S SOCIETY OF CANADA**

**National Office: 304-31 Mechanic Street**

**Paris, ON N3L 1K1**

**1-888-558-0950**

[www.sjogrencanada.org](http://www.sjogrencanada.org)

**Email: [info@sjogrencanada.org](mailto:info@sjogrencanada.org)**

Currently there is no cure for Sjögren's Syndrome but early diagnosis and proper treatment can prevent more serious complications such as organ damage, life-threatening complications and lymphoma in people with Sjögren's.

## **Help Raise Awareness and**

## **Funds for Sjögren's Syndrome**

## **Educational Programs and**

## **Sjögren's Research Initiatives!**

### **Pledge Information**

Tax receipts will be issued for donations of \$15.00 or more. *Please print clearly and include the postal code to receive a tax receipt.*

Please collect all donations in advance and bring them with you to the Walk-a-thon. ***Make cheques payable to the Sjögren's Society of Canada.***

Pledges can be collected by filling out donation form (see over) or your pledge supporters can make their donations online: <http://www.sjogrencanada.org/donations>

If you cannot attend you can still help raise funds. Please go online to donate or mail donations to: Sjögren's Society of Canada, 304-31 Mechanic Street, Paris, ON N3L 1K1.

### **About The Sjögren's Society**

The Sjögren's Society of Canada is a national registered charity which provides support and education, increases public and professional awareness, and supports and raises funds for Sjögren's related medical research and finding a cure!

Federal Charitable Registration #81858 8956 RR0001