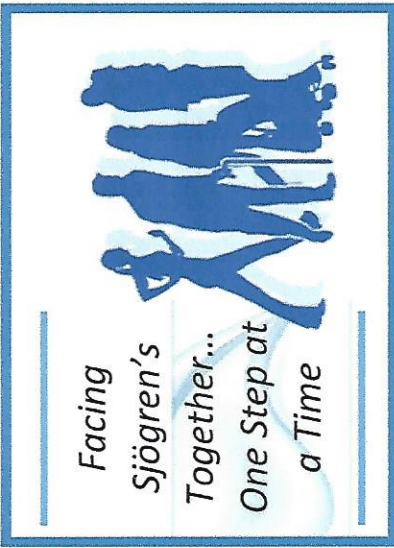




Federal Charitable #81858 8956 RRO001



10th Annual Woodbridge
& Greater Toronto Area Walk

SUNDAY, OCTOBER 14, 2018
Registration – 2 pm
Walk Begins at 2:30 pm



Historic Wallace House
137 Woodbridge Ave
Woodbridge, 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 <small>Cash, Cheque, Canada Helps</small>
Total						

This enjoyable 7 km route from historic Wallace House, in the Centre of Woodbridge will support Sjögren's Syndrome. We are proud to hold this Greater Toronto area fund raising event again in Woodbridge.

SJÖGREN'S SYNDROME

Pronounced SHOW-grins

Sjögren's is recognized as the 2nd 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!

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 donations form (see over) or your pledge supporters can make their donations online: <http://www.sjogrenscanada.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, c/o 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

DIRECTIONS TO WALLACE HOUSE

137 Woodbridge Ave.

Wallace House is located on the south side of Woodbridge Avenue, across from the Shops at Market Lane.

- Woodbridge Avenue runs between Islington Avenue on the east to Martin Grove Road on the west.
- It is the first major street north of Highway #7
- Conveniently situated near to both Highway 400 to the east and Highway 427 to the west.

TO REGISTER:

Contact Mary Lou Rashid

P: 905-605-1826

SJÖGREN'S SOCIETY OF CANADA

National Office: 304-31 Mechanic Street

Paris, ON N3L 1K1

1-888-558-0950

www.sjogrenscanada.org

Email: info@sjogrenscanada.org