



Federal Charitable #81858 8956 RR0001



1st ANNUAL Durham Region Walk

SUNDAY, OCTOBER 6, 2019

10:30 am – 11:30am



Ajax Rotary Park
177 Lake Driveway, West
Ajax, 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.

Table with 7 columns: First Name, Last Name, Address, City, Province, Postal Code, Phone Number, Donation. Includes a Total row at the bottom right.

PAID
Cash, Cheque,
Canada Helps

We are excited to hold our 1st annual walk in Durham Region, ON! The 2km leisurely walk will help raise awareness and funds for Sjögren's Syndrome educational programs and support Sjögren's research initiatives!

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!

DIRECTIONS TO AJAX ROTARY PARK

177 Lake Driveway W., Ajax, ON

Via HWY 401 Eastbound

- Take exit 401 for Regional Road 31/Westney Road
- Turn right onto Lake Driveway West
- Turn right into Ajax Rotary Park
- Meet at south side of parking by grass

Via HWY 401 Westbound

- Take exit 401 for Regional Road 31/Westney Road
- Turn left onto Regional Road 31/Westney Road
- Turn right onto Lake Driveway West
- Turn right into Ajax Rotary Park
- Meet at south side of parking by grass

TO REGISTER:

Contact: Kathy Karvonen

P: 905-243-9583

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

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.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, 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