

Thank you • Thank you • Thank you

9th Annual

Southern
CHIROPRACTIC
FAMILY WELLNESS



Alberta
Gardener



B
new balance

ATCO Gas



Peak Physical Therapy Ltd.



Seka Owen

For More Information:

The Arthritis Society
4B 740 4th Avenue South
Lethbridge, Alberta T1J 0N9
Phone (403) 328-1422 Fax (403) 328-1424
www.arthritis.ca/alberta



Under the Grandstand,
next to Bully's Sport
& Entertainment Centre

Saturday, November 16, 2002

10 km Run
5 km Walk/Run
1 km Walk

Raise \$75.00 or more and enter to win
Natural Gas BBQ
Sponsored by ATCO Gas

Best Individual Costume Award
Win a Flight Lesson!

Your registration fee includes:

(While quantities last)

- Commemorative Jingle Bell Run long sleeve T-shirt specially designed by Calgary artist Seka Owen.
- DEW Bell.
- Post run food and fun.

Prizes are awarded for fundraising, costumes and general draws.

Helpful Hints for Raising Money

- Start collecting pledges early.
- Sponsor yourself first! Donate \$10 or \$20 and your sponsors will follow your example!
- Collect donations from family, friends and co-workers at the time of asking.
- Set your fundraising goal high.
- Ask your company to match your total donation amount.
- Photocopy your donation records before submission in case you need to make any follow-ups.
- Donations of \$10 or more will receive a tax receipt.
- Submit team donations together.

More than four million Canadians, or 400,000 Albertans, live each day with the pain and decreased mobility caused by arthritis. This disease does not discriminate; it can affect men, women and children of all ages.

- arthritis and related disorders cost the Canadian economy \$17.8 billion each year.
- arthritis is the most common cause of disability – it causes about 25 per cent of all long term disability cases.
- Canadian researchers are studying the triggers which contribute to chronic inflammation; isolating these triggers may hold the answer to a cure!