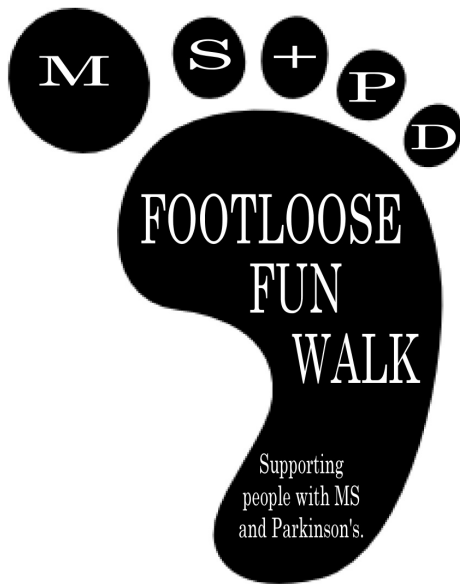


Funwalk Fundaising Guide



Sunday 6 November 2011
North Hagley Park
(Rolleston Ave entrance)

9:30am - Registration

10:30am - Walk Begins

Facts about Multiple Sclerosis, Parkinson's & the Society

- One New Zealander in 1,000 has MS.
- One person in 500 has Parkinson's.
- There is NO cure for either MS or Parkinson's.
- Much can be done to manage the symptoms of both diseases through activity, medication and exercise.
- Our Society is the only organisation in the Canterbury Region that proactively seeks to support people with MS or Parkinson's after initial diagnosis.
- We support over 800 people by providing:
 - Home visits by our nursing staff
 - Essential assessments & referrals
 - Exercise programme and tailored gym
 - Workshops and Social Activities

HOW TO RAISE \$100 IN 10 DAYS

Raising \$100 isn't as difficult as you may think. Below is a checklist of how to raise \$100 in just 10 days.

✓ Day	Task
1	Put in your own \$10 donation
2	Ask your spouse/parents/sibling for a \$10 donation
3	Ask your supervisor for a \$10 donation
4	Ask a co-worker for a \$10 donation
5	Ask a friend for a \$10 donation
6	Ask another friend for a \$10 donation
7	Ask a relative for a \$10 donation
8	Ask your neighbour for a \$10 donation
9	Ask a business you frequent for a \$10 donation (coffee shop...)
10	Ask a church (or other group) member for a \$10 donation

Just think, if 50 people follow this formula and raise \$100, that's \$5,000!

**DON'T FORGET,
EVERY LITTLE BIT COUNTS!**

Information on the MS+PD Footloose Fun Walk

- This is a fun sponsored walk that anyone can join in!
- We need to raise \$5,000 from this event.
- All funds raised will enable us to continue to support the over 800 people with MS & Parkinson's throughout Canterbury.
- Walk as little or as long as you like. There is a 2km, 5km and 10km option. You can even make it a Fun Run.
- Join us after the Fun Walk for family entertainment and a sausage sizzle.
- Please use the Sponsorship Form on the back of this sheet to keep track of the donations you collect.

For more information contact Lindsey on 03 366 2857 ext. 9, email lindsey@ms-pd.org.nz or visit www.ms-pd.org.nz