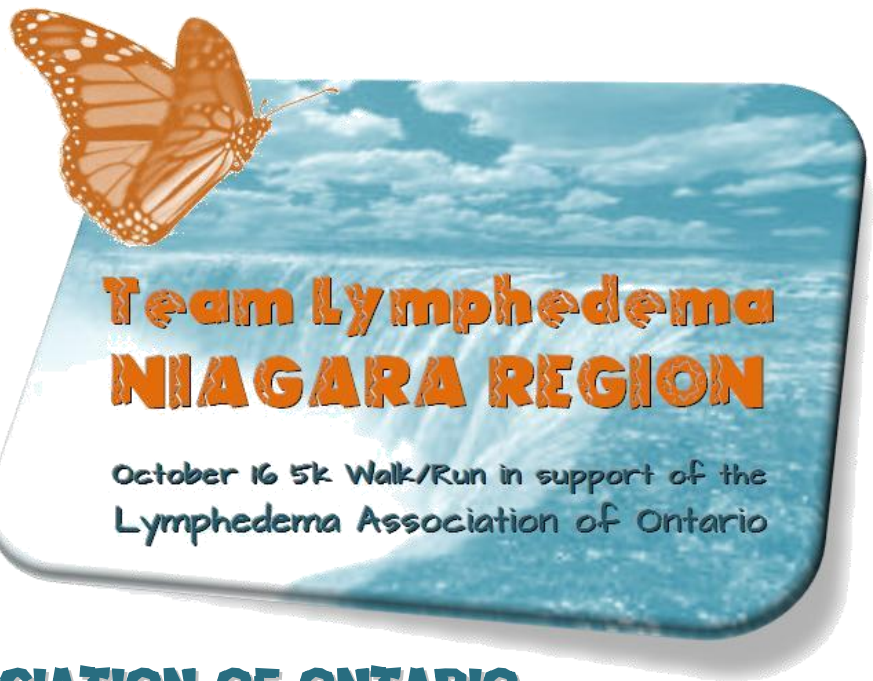


PLEASE SUPPORT

**COME OUT AND JOIN US
ON OCTOBER 16, 2011
FOR A 5k WALK/RUN
WHILE RAISING FUNDS
AND AWARENESS FOR
THE LYMPHEDEMA ASSOCIATION OF ONTARIO**



We are a group of patients, friends, family, health care professionals and other LAO supporters who are committed to improving the lives of people living with lymphedema. We will walk or run a 5km route on October 16, raise pledges and have fun!

Why support Team Lymphedema Niagara & The Lymphedema Association of Ontario?

Chances are cancer has already affected you or someone you love

Chances are you are not aware of the lifelong risk of lymphedema

All cancer survivors need to know that they may have a lifelong risk of developing lymphedema and that there are practical steps they can take to help prevent this incurable condition.

Isn't it time we didn't leave this to chance?

Your donation and support will fund projects that focus on lymphedema education and awareness for patients, those at risk, and healthcare professionals

St. Catharines Event Details

- WHEN:** Sunday, October 16, 2011
10:00 AM
- WHERE:** Meet at Grantham Lions' Park
732 Niagara St @ 9:00-9:30am
Between Lakeshore & Parnell Rds
- WHAT:** 5k Walk or Run
- WHY:** To raise funds and awareness for the Lymphedema Association of Ontario
- COST:** \$35* registration fee to the LAO to join our team and walk or run with us
*waived if you collect \$250+ in pledges
- CONTACT:** For more info on the event, or how to join or sponsor the Team:

Team Captain: John Mulligan, RMT/CLT
T: 905-687-1828
E: John@LymphedemaTherapist.com

The logo for the Lymphedema Association of Ontario features a stylized blue leaf-like symbol to the left of the word 'Lymphedema' in a large, bold, blue font. Below it, 'Association of Ontario' is written in a smaller, lighter blue font.

Charitable Registration #87165 5049 RR0001

Learn more about Lymphedema and the LAO: www.torontowaterfrontmarathon.com/en/charity/lao