

Walker Collection Information

(Be sure to collect donations in advance.)

Your Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-mail: _____

Team Name: _____

Walkabout Location: _____

Donor's Name	Amount
--------------	--------

1. _____	_____
----------	-------

2. _____	_____
----------	-------

3. _____	_____
----------	-------

4. _____	_____
----------	-------

5. _____	_____
----------	-------

6. _____	_____
----------	-------

7. _____	_____
----------	-------

8. _____	_____
----------	-------

9. _____	_____
----------	-------

10. _____	_____
-----------	-------

11. _____	_____
-----------	-------

12. _____	_____
-----------	-------

13. _____	_____
-----------	-------

14. _____	_____
-----------	-------

15. _____	_____
-----------	-------

Cash/Check Total \$ _____

Online Total \$ _____

Employer Matching Gift Program Total \$ _____

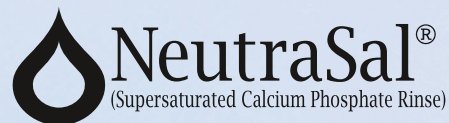
Grand Total \$ _____

☐ Check this box to decline your Walkabout prizes and instead have the cost of the prizes donated back to the SSF.

- Make checks payable to the Sjögren's Syndrome Foundation.
- Bring all donations to the event.
- Must be present to receive Walk T-shirt.

Thank you to our sponsors

National Presenting Sponsor



Major Sponsors

ARTHRITIS

AND

RHEUMATISM

ASSOCIATES, P.C.



Directions to Two Democracy Plaza

From the North: Take I-95 south toward Washington, DC. At I-495, head west toward Silver Spring/Bethesda. Take Exit 36 - Old Georgetown Road and bear right toward Rockville. Go 0.6 miles and turn left on Democracy Boulevard for about 0.7 miles. The entrance to Democracy Plaza is the first right turn after Fernwood Road.

From the South: Head west on I-495 toward Northern Virginia and into Maryland. Take Exit 38 (I-270) north toward Rockville/Frederick. Take Exit 1 - Democracy Boulevard East. After 0.2 miles turn left onto Fernwood Road. Turn left at first light into Democracy Plaza. Take an immediate left and follow directions to visitor parking.

Create your own fundraising webpage at:

events.sjogrens.org



Sjögren's Syndrome Foundation

6707 Democracy Blvd., Ste 325
Bethesda, MD 20817

www.sjogrens.org • 800.475.6473



Washington DC Area

Sjögren's Walkabout &
Autoimmune Disease Health Fair
Saturday, June 13, 2015

Two Democracy Plaza

6707 Democracy Boulevard, Bethesda, MD
Home of the SSF National Office

Registration & Health Fair Open at 9am
Walkabout Steps Off at 10am
Health Fair Closes at 11am





The Sjögren's Walkabout is a national event created to increase Sjögren's awareness and raise crucial funds to support Sjögren's research and education. This non-competitive family fun event provides the opportunity for participants to learn more about Sjögren's and offers a chance for all attending to connect with area healthcare providers and patients knowledgeable in Sjögren's. Patients are also able to meet and connect with others living with Sjögren's and learn about the local support networks.

Participate – Attend the Walkabout and connect with other area patients! Walking is optional but attending to simply show your support is invaluable!

Bring Your Friends – Invite your friends, family, neighbors and co-workers to participate as a part of your team! They can help by collecting donations while increasing awareness of Sjögren's throughout your community!

Raise Funds – You can make a difference – reach out to your friends, family and companies in your local community and tell them about Sjögren's. Ask for donations to support your Walkabout efforts and record them on your walker collection form. If you raise funds, you can earn the following:

- \$30-\$149** Official Sjögren's Walk T-shirt†
 - \$150-\$499** Official Sjögren's Walk T-shirt† and Journal
 - \$500-\$999** Official Sjögren's Walk T-shirt†, Journal and Official SSF Tote Bag
 - \$1,000+** Official Sjögren's Walk T-shirt†, Journal and Official SSF Tote Bag
- Achieve Sjögren's Star Status and be recognized on the SSF website as a Sjögren's Star!

† Must be present at event to receive your T-shirt.



Stand Up for Sjögren's

Encourage others to participate and help to increase awareness "to shorten the time to diagnose Sjögren's by 50% in 5 years!"

50%
in 5 years

What is Sjögren's and The SSF

Sjögren's (SHOW-grins) is a devastating disease in which the body's immune system attacks the moisture producing glands. Along with symptoms of dryness, it can affect any body organ or system. Many patients also experience fatigue and joint pain. Sjögren's affects up to 4 million Americans. Nine out of ten Sjögren's patients are women. Early diagnosis and treatment are important for preventing complications. Unfortunately, reaching a diagnosis can often be difficult and has been found to take an average of 3.9 years.

The Sjögren's Syndrome Foundation is the only national non-profit dedicated to increasing education, awareness and research for Sjögren's. Our Foundation is committed to making a difference by.

- Providing support for patients and their families and managing Sjögren's Support Groups throughout the country.
- Providing the most relevant information for patients and healthcare professionals alike on Sjögren's.
- Increasing the accessibility and availability of products for the treatment of Sjögren's by advocating for clinical trials to find new therapeutics for Sjögren's.
- Furthering Sjögren's research and encouraging the development of new diagnostics for Sjögren's that will help speed up a Sjögren's diagnosis.
- Improving the quality of care for Sjögren's patients with the development of the first-ever Clinical Practice Guidelines, a guide for physicians on how to treat, manage and monitor Sjögren's.

For more information, visit
www.sjogrens.org



Sjö Your Support

- Tell your friends to Save the Date for this family fun event!
- Give them each a collection form to help you raise funds!
- Create your own personal fundraising page online at events.sjogrens.org and send a link of your page to your contacts.
- Design your own Team Shirt or banner and have your friends/co-workers wear/carry to Sjö your team spirit!
- Walking or not walking – make sure you bring your questions for our guest experts at our "Ask a Doctor/Ask the Patient" portion of our event.
- If you would like to be a part of the Walkabout Committee or volunteer on the day of the event please call (301) 530-4420, ext. 227

