



**NATIONAL
PSORIASIS
FOUNDATION®**

Walk for Awareness

Join us for the National Psoriasis Foundation Walk for Awareness. This one-day event will generate awareness about psoriasis and psoriatic arthritis and raise money for National Psoriasis Foundation programs.

Psoriasis is a noncontagious, lifelong skin disease that causes red, scaly patches, which can appear on any part of the body. It can cause the skin to itch, burn and bleed. Psoriasis on the hands or feet can prevent people from doing everyday tasks such as writing or walking. Ten percent to 30 percent of people with psoriasis also get psoriatic arthritis, which causes pain, stiffness and swelling in and around the joints.

Psoriasis is a common disease. If you know someone affected by psoriasis or psoriatic arthritis and want to make a difference, the National Psoriasis Foundation Walk for Awareness is a great way to get active and get involved in an outstanding cause.

Our goal

Our goal is to spread awareness about psoriasis while raising funds for psoriasis education, advocacy and research programs.

You're invited to help us reach this goal! We're looking for teams of 10 people or more who will contact friends and family with information about awareness and seek sponsorship.

By signing up to participate on a team and raising \$100, you'll be spreading the word about psoriasis while contributing to our target of \$20,000 per walk site.

Fund raising is easy!

Participants seek sponsorships rather than pledges from friends, family and associates. All fund raising is done prior to the walk, eliminating the hassle of collecting pledges after the event.

Each participant is asked to raise \$100 in tax deductible sponsorships. A packet of fund-raising tips and sample letters will be made available to all team members, along with easy-to-follow instructions and proven tips on securing sponsorships.

Get involved

Get involved by joining a team, becoming a team captain or volunteering to help out on the day of the event.

- Registration fee is \$10 per person
- All participants receive a T-shirt
- All ages welcome!

Call Alanna Finn at 503.546.8368 or
800.723.9166, ext. 368.

<http://support.psoriasis.org/portland>

Join us!

Saturday, July 15, 2006, 10:30 a.m.

Wallace Park

NW 25th Ave. and Raleigh St.

Portland, Ore.

*Psoriasis isn't contagious,
but awareness is.*

About the Foundation

The National Psoriasis Foundation is the leading patient advocacy organization for people with psoriasis. According to the National Institutes of Health, as many as 7.5 million Americans have psoriasis.

Our mission is to improve the quality of life of people living with psoriasis and psoriatic arthritis. Through education and advocacy, we promote awareness and understanding, ensure access to treatment, and support research that will lead to effective management and, ultimately, a cure.

Yes! Please contact me about the National Psoriasis Foundation Walk for Awareness. I'd like to:

- Register a team; please send me an application
- Volunteer to help with the event
- Join a team that needs a few more members
- Make a donation (enclosed) of \$_____

Name_____

Address_____

City/state_____ ZIP_____

Day phone_____

Evening phone_____

Mail to: National Psoriasis Foundation
6600 SW 92nd Ave., Suite 300
Portland, OR 97223



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1K Family Walk

5K Walk

**July 15, 2006
Wallace Park
NW 25th Ave. and
Raleigh St.
Portland, Ore.**

*Join us for the National
Psoriasis Foundation Walk For
Awareness!*

*The walk is happening in
communities around the
country. Help generate
awareness about psoriasis and
psoriatic arthritis, while
raising money for education,
advocacy and research
programs.*

Place
Stamp
Here