



P R E E C L A M P S I A

foundation

Friends and Family Walk

Thank you for your interest in hosting a Friends and Family Walk for the Preeclampsia Foundation. Here's what you need to do to get started!

- Contact the Preeclampsia Foundation at volunteers@umdf.org for your Friends and Family getting started packet or go to www.preeclampsia.org to download the materials. The Friends and Family packet contains the following items:

Friends and Family Walk Instructions
Special Event Form to Register Your Event
Tips on Raising Funds
Informational Sheet
Money Handling Procedures
Tax Receipt for Donations

- Select a date and location. May 10th is the preferred national date. If that date is not convenient feel free to choose another date that works for your family and friends. Email FAF Event Form to volunteers@preeclampsia.org or mail to J. Thomas Viall, Preeclampsia Foundation, 5645 Morning Glory Trail, New Market, MD 21774.
- Recruit your family and friends for to participate. Send emails or letters to friends and family asking them to join you and help raise funds and awareness of preeclampsia. Incentives are based on the amount of pledges raised.
- Walk t-shirts must be ordered by April 18th. Please provide a list of participant t-shirt sizes to volunteers@preeclampsia.org by the date above-for May events (minimum donation of \$20).

2008 Incentives: \$20 T-shirt \$100 PF Jumpdrive
 \$250 PF Tote Bag \$500 PF PF Sweatshirt
 \$1000 All Incentives Above

- After the event, send money and a list of walkers to the Foundation via certified mail. Be sure to send thank you notes to friends and family – PF will provide a receipt for you.

If you have questions, please email volunteers@preeclampsia.org.

Thank you for sharing your story with others and helping to spread the word about preeclampsia.

The Preeclampsia Foundation (PF) non profit organization dedicated to funding research, raising public awareness, and providing support and education for those whose lives have been touched by preeclampsia and other hypertensive disorders of pregnancy.