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DIRECTIONS TO WALK

From Lincoln area: Take I-80 East to Exit #440 (Hwy 50)

From Omaha area: Take I-80 West to Exit #440 (Hwy 50)

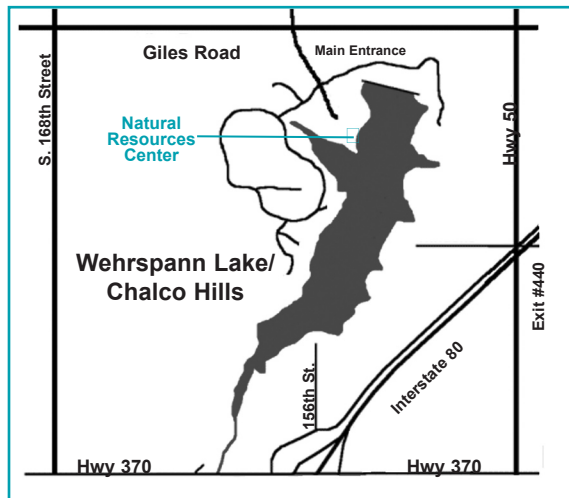
Go North on Hwy 50 (aka 144th Street).

Turn West onto Giles Road.

At 154th Street, turn into Chalco Hills Recreation Area.

Look for the Scleroderma banners to find the registration area, which will be located inside the Natural Resource Center.

Chalco Hills Recreation Area
8901 S. 154th St.
(402) 444-6222



STEPPING OUT TO CURE SCLERODERMA



7TH ANNUAL FAMILY WALK & RAFFLE

Sunday, June 7, 2009
11:00 a.m.
Chalco Hills Recreation Area
Omaha, Nebraska

in recognition of National Scleroderma Awareness Month

SCHEDULE SUNDAY, JUNE 7, 2009

Registration	11:00 a.m.
Raffle Room Opens	11:00 a.m.
Walk	12:00 noon
Lunch Begins	12:30 p.m.
Raffle Drawings	2:00 p.m.
Silent Auction Ends	2:15 p.m.

Choice of 1 or 4 mile walk starting and ending at Natural Resource Center.

HIGHLIGHTS

- Silent Auction
- Over 100 Raffle Prizes!
- Complimentary Snacks and Drinks
- Face Painting
- Children's Games and Activities
- Team/Family Pictures 11am-1:30pm
- Souvenir Team Photos to each Team that raises over \$250

HAVE FUN RAISING FUNDS & AWARENESS!

- Spread the word about Scleroderma
- Invite family, friends & coworkers to walk!

WALK WILL TAKE PLACE RAIN OR SHINE

In case of inclement weather, please come to the registration area to submit pledges already collected and receive your T-Shirt.

OVER 300,000 PEOPLE IN THE U.S. HAVE SCLERODERMA!

WHAT IS SCLERODERMA?

Scleroderma is a chronic, progressive autoimmune disease - like rheumatoid arthritis, lupus and multiple sclerosis, in which the body's immune system attacks its own tissues.

The disease, which literally means 'hard skin', can cause thickening and tightening of skin as well as serious damage to a number of internal organs including the lungs, heart, kidneys, esophagus, and gastrointestinal tract. Scleroderma occurs three to four times more often in women than in men.

For some individuals, scleroderma is a nuisance. For others, it is a life-threatening disease. For most people with scleroderma, the disease has serious impact on daily life. Although medications can sometimes help, there is no cure yet.

WHAT IS THE SCLERODERMA FOUNDATION?

The Scleroderma Foundation helps people with scleroderma and their families cope with the disease through support programs, physician referrals, and educational information through its twenty-six chapters and 160 support groups nationwide.

The Foundation promotes public awareness about scleroderma and is the largest private funder of peer-reviewed scleroderma research, awarding more than \$1 million annually for research to improve the treatment and discover the cause and cure of scleroderma.

For more information, contact the

Scleroderma Foundation
Nebraska Walk Committee
(402) 932-2668

Email: debra.houghton@cox.net

