

Did you know that kids get arthritis too?

1 in 1000 children, under the age of 16 are living with arthritis?



POWER of MOVEMENT™
yoga challenge to beat arthritis & autoimmune conditions



Power of Movement is Canada's largest yoga fundraiser, which raises funds for the Arthritis Research Foundation. Thousands of Canadians join together on Sunday, March 4th, 2012 to celebrate movement, no matter how big or small that movement is.

This year, schools like St. Joseph Secondary School, are joining in and hosting a yoga class, during school, so that students can participate in this amazing event. Details on the event can be found on the reverse side.

For more information, please visit www.powerofmovement.ca

About the Arthritis Research Foundation

The Arthritis Research Foundation raises funds and awareness for the most comprehensive, collaborative, and specialized arthritis research centre in Canada. It is housed at University Health Network (UHN), which comprises Toronto General, Toronto Western, Princess Margaret Hospitals, Mount Sinai Hospital and Toronto Rehabilitation Institute. The Arthritis Research Foundation is dedicated to research in arthritis and related autoimmune diseases, musculoskeletal health, and advancements in orthopaedic surgery.



Make a commitment to helping the more than **4.6 million Canadians** living with arthritis and sign up for **Power of Movement**, Canada's largest yoga fundraiser!

At St. Joseph's Secondary School Ms. Moser has offered to run a "mega yoga" class during Period 3AB in the gym, where students and staff can participate for a minimum donation of \$5.00 each, however there is the option to fundraise more and earn incentive prizes (please see below) If you would like to participate, please fill out the registration form and waiver on the back of this and bring it to the class on Friday, March 2nd.

BONUS! If you'd like pay \$2 and get a "civvies" day, these donations will also go towards **Power of Movement**. For more details please see Ms. MacNaull, Ms.Locicero or Ms. Moser

Fundraising Incentive Prizes

For Your Fundraising Amount	You'll Get a Joe Fresh® Gift Card
\$100	\$10
\$250	\$25
\$500	\$50
\$1000	\$100
\$2000	\$200

