



FOR CROHN'S & COLITIS

**Cincinnati Take Steps for Crohn's  
Disease and Ulcerative Colitis Walk**

**Date:** Saturday June 11, 2011

**Time:** Registration begins at 5:00 PM  
Walk begins at 6:30 PM

**Where:** Sawyer Point

**Cost:** Free, but you are asked to please raise money  
for the Crohn's and Colitis Foundation of America

**Help us find a cure for  
Crohn's disease and ulcerative colitis!**

For more information visit [www.online.ccfa.org](http://www.online.ccfa.org), or contact  
Meaghan Waltmann at [waltmamd@mail.uc.edu](mailto:waltmamd@mail.uc.edu).



Fellow Students,

Walk MS: Cincinnati 2011 will be held at Sawyer Point in Cincinnati, OH on Saturday May 7<sup>th</sup>, 2011 and hosted by the National Multiple Sclerosis Society. Please support my effort to walk for a world free of multiple sclerosis (MS) by joining my team (*Titus's Trotters - UC & CCHMC Walk for MS*) if you are available to walk and/or volunteer on Saturday May 7<sup>th</sup>.

This is my 5th year as a part of Walk MS and I can promise you will have a rewarding experience. Volunteering is FREE; in addition you will receive a t-shirt and City BBQ for lunch. If you are a walker there is no minimum fundraising requirement (every little bit helps even a \$5 donation if you just want to take a stroll around the park with some friends on Saturday morning) and you will also get free City BBQ for lunch. And YES you can do BOTH! You can volunteer for set up and/or tear down in addition to walking. If you do this make sure to register as a volunteer so that someone contacts you for a “job”.

Every hour in the United States, someone is newly diagnosed with MS, an unpredictable, disabling disease of the central nervous system. The MS Society has been a positive influence in not only the community programming and everyday lives of people living with MS but also a huge supporter of research. As a graduate student in Neuroscience I see the impact that the MS Society has in the research field through their many grants. Our goal is to cure MS and we are making progress! Know that your contribution through walking or volunteering will help!

Thank you,  
Haley Titus-Mitchell  
haleytitusmitchell@gmail.com

P.S. If you would like more information about the National MS Society, how proceeds from Walk MS are used or other ways you can join the movement toward a world free of MS, please visit [www.fightMStoday.org](http://www.fightMStoday.org).

Please Join the UC Health Science Graduate Association & Golden Key Honor Society UC Chapter  
On **Sunday January 23<sup>rd</sup>, 2011** from **4PM-8PM**



## **RONALD MCDONALD HOUSE CHARITIES**

*We will be providing dinner for 125 family members  
& patients receiving care at CCHMC*

**Cooking** starts at **4PM** & **Serving** at **6PM**

**To volunteer please contact**  
Haley Titus, community service chair  
***haley\_titus@yahoo.com***