

Arthritis—What is it?

Arthritis means inflammation of a joint. The word actually includes more than 100 conditions. These conditions can be anything from relatively mild types such as tendonitis and bursitis to crippling whole body conditions such as rheumatoid arthritis. There are pain syndromes like fibromyalgia and arthritis related disorders such as lupus. Even gout is a type of arthritis.

True, many older people have arthritis, but it even affects children in diapers and every age in between. Over 4 million Canadians have some form of arthritis. I am sure you know one!

Raise funds and participate in this event for them.

Want to learn more?
www.arthritis.ca

Or talk to your health care provider.

Hosted by:
Carla and Jake Punshon

www.punshon.ca/running
645-2171 days

2nd Annual

Joins in Motion
5 K
Fun Walk/Run

Tuesday, August 29
7:00 pm

Meet in the parking lot
near the Post Office.

Participation is Free
Prizes for Fundraisers!



A Fundraiser for
**The Arthritis
Society**

Hosted by:
Carla and Jake Punshon

**Collect donations...
be entered for some
great prizes!**

Collect **\$25-74** in donations
and you may win:

Princess House heritage mugs, set of 4
(N. Gordon)

\$50 gift certificate for the
Turaavik Inns Hotel Restaurant

Water bottle and stuffed gecko
(K. Taylor)

Mary Kay Pedicure Pampering Basket
(E. Hatlevik)

Gift Basket - Treasures

Food Basket - Northern

5 gallons of gas & 1 can naphtha -
M&T

...and more!

Collect **\$75 or more** in
donations and you may also
win:

2 tickets with Kivalliq Air to anywhere
they fly (including Winnipeg)

Name – Please print clearly	Box Number	Phone Number	Pledge	Do you want a tax receipt?

Thank you to our donors!