

Do you want to volunteer for [Lupus](#)
Contact 905 894 4611 or 1800 368 8377

Here are some ideas

- deliver bundles of 25 brochures to drug stores, Wal-Mart or Zeller's drug stores, doctor's offices, libraries, etc., so that anyone may pick up a brochure and educate themselves about the realities of lupus (we will supply the brochures)
- they could place one brochure in every mail box on streets in their area for a personal touch
- when asked to do a presentation, consider choosing lupus as their topic...we supply the information, along with wrist bands (free) for all
- unfortunately, we just had our annual walk on May 10th (World Lupus Day), but please keep us in mind for 2009...we will need our posters and brochures to be distributed throughout the region
- assist with arranging a Dress-Down day at school to raise funds for lupus research
- help obtain signatures for a petition that will be read by MPP Kim Craitor in Queen's Park in October, requesting money for media ads and funds for research (no age limit, must be citizen of Ontario)
- help raise funds on May 10th by being a walker and obtaining pledges
- arrange for area schools to have literature placed in their libraries and bulletin boards.....many of our youth are receiving positive diagnosis for lupus, and this is where we have focused our energies...Niagara Walk for KIDZ with lupus
- arrange for a speaker to come to your school to speak about lupus...we do have volunteers who will educate your students..the volunteer could arrange the meeting room, time, date, etc.