

Our Warriors - Why We Walk!



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WALK to CURE Arthritis

Walk Proud Live Yes!

Every Step Matters



Presented by:



Saturday, May 16, 2020

4:00 p.m.

on the
**Arthritis Foundation's
National Facebook Page**

Facebook.com/Arthritis.org

walktocurearthritis.org/Cincinnati



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Why We Walk!

Our National WARRIORS!



**CONNER, RYAN
AND BRAYDEN
SOWA**
National Youth Honorees

The Sowa family's journey with arthritis started years ago when Ryan, the middle brother, began experiencing fevers, rashes and joint pain. After a lot of testing and misdiagnoses, a rheumatologist finally diagnosed him with juvenile idiopathic arthritis (JIA). Tears ran down Ryan's face when he heard, "No contact sports." He wanted to be out there playing football like all the other kids. Six years later, he still hasn't found the right medication to minimize his symptoms.

Brayden, the youngest, was just 2 when he started having sleepless nights, lying there crying. He tried to run and play, but all he could do was walk with a limp. Three months after Ryan's diagnosis, Brayden was diagnosed with childhood arthritis, too.

Conner, the oldest, got the same diagnosis a couple months after Brayden. His shoulders would dislocate, and his knees and ankles became weaker and more painful. He has had 13 major surgeries for breaks in the cartilage of both knees and ankles. Two summers ago, his ankles were rebuilt, and the doctor injected stem cells into both ankles and knees. More surgery is on the horizon.

Combined, the trio has had more specialists than their parents can count. Each of the boys consumes a plethora of costly medications and must have their blood drawn and checked to ensure the meds don't cause organ damage.

Despite everything, the boys are tough. They love spending time outdoors and cherish family time. They've raised funds for many years for the Grand Rapids Walk to Cure Arthritis, spoken at galas and participated in several other Arthritis Foundation opportunities. It will always be Team Sowa's mission to educate and fight for a cure.

WALK to CURE ARTHRITIS®

WHERE DOES YOUR DONATION GO?

- We give people a voice and change laws to help people with arthritis **fight barriers to access medicine and treatments.**
- We are **advancing medicine, treatments and technology**, improving quality of life while searching for a cure.
- We offer powerful **information, resources and personalized plans** that speak to individual needs, hopes and dreams.
- We help **connect families** whose children face the challenges of arthritis and other rheumatic diseases so they don't feel alone anymore.
- We help **connect families** whose children face the challenges of arthritis and other rheumatic diseases so they don't feel alone anymore.
- We chart the course for the arthritis community so **more people can say Yes** and make every step another victory.

**RAISE \$100
AND GET A
T-SHIRT!**



Nationwide for 70 years, in one community after another, the Arthritis Foundation has taken colossal steps to conquer arthritis.

TIPS TO RAISE FUNDS TO CURE ARTHRITIS

1. **Be a Champion.** Get your fundraising started by making a donation to your own fundraising account. It will inspire your friends and family.
2. **Ask everyone!** Never miss an opportunity to tell someone about your fundraising efforts for the Walk to Cure Arthritis. The #1 reason people donate is simply because they were asked.
3. **Make your donation request personal.** Tell people about **you** and why fundraising for a cure is important. Personal stories motivate donors to give — and give more!
4. **Send fundraising emails and use social media.** This is the fastest way to get donations. Contact everyone you know from your Walk to Cure Arthritis online HQ or through your personal email and social media accounts.
5. **Download our mobile app and fundraise on the go!** Search for Walk to Cure Arthritis in your app store!



#WalkToCureArthritis

Join the largest arthritis gathering in the world and experience the power of the Live Yes! Arthritis Network in action. Much more than just a walk, it's an event that's all about joining together and living life to the fullest!