



Be a Volunteer!

We need your help!!!
Come out for a beautiful day of fun in the sun and help a GREAT cause...
The Arthritis Foundation!

Sunday, May 18th
Irvine Spectrum (corner of Gateway and Fortune)
7th Annual Arthritis Walk.

We can use volunteers of all types!
Volunteering hours range from as early as 5:30 a.m. and can go until 12 p.m.

Volunteer Opportunities Include (but are not limited to):

- **Registration**
- **Water Stations**
- **Cheering on the Walkers**
- **Handing out food & beverages**
- **Kids Zone helpers**
- **Mission Tent signage boards**
- **General Set-Up**
- **Clean Up**
- **Balloons**

✓ Yes, Count on me, I'd love to volunteer! Here is some info. you'll need to know about me...

Name: _____ Age: _____ Phone: _____

Address: _____ City: _____ Zip: _____

E-mail: _____ Cell Phone: _____

What time can you start volunteering on May 20th? _____

What time do you need to leave? _____ Preferred Duty? _____

**Mail to: Arthritis Foundation, 17155 Newhope St., Suite A, Fountain Valley, CA 92708
or call our volunteer coordinator Constance Galanos at #714-974-9192!**