



You Are Invited
to attend the
Arthritis Foundation's
Arthritis Walk
Regional Volunteer Training

To learn more about the ways to plan and improve your
local Arthritis Walk.

Saturday, January 13th
10:00am- 2:00pm
Lunch will be provided
(Please let us know if you have any dietary needs)

Virginia National Bank:
1900 Arlington Boulevard
Charlottesville, VA 22903

Don't miss out on the chance to participate in this training, and to meet other
volunteers involved in walks around the state. Please help make the
2007 Arthritis Walk in your area a success!
Bring a friend!

Please RSVP to Sarah Smith by December 22nd.
804-359-1700 ext. 311 or mssmith@arthritis.org