



### Kim's Story

Kim is a thriving, happy 37-year-old mother of two children. She was diagnosed with juvenile arthritis (JA) at 17 years of age and vividly remembers the times when her father had to carry her because she was in so much pain she couldn't walk. After many years of struggling with this illness, Kim completed the Maui Marathon as part of the **Joints In Motion Training Team**. Finishing this marathon was a personal challenge that Kim never imagined would be possible, but with new treatments and incredible determination, she did it.

Joints In Motion is an opportunity to achieve your personal goals and help Canadians living with arthritis. Funds raised through Joints In Motion support leading-edge research and provide programs for people with arthritis.

Join the Joints In Motion team. Kim did, you can too.

## Train.

Train for the experience of a lifetime. Whether you're a beginner or a seasoned athlete, experienced trainers will help prepare you for your chosen challenge. Our training program includes advice on technique, injury prevention and nutrition.

## Travel.

We manage all the travel arrangements for you, including roundtrip airfare, hotel and more. See great destinations like Vancouver, Nepal, Athens and the Cayman Islands while helping people with arthritis.

## Triumph.

Walk, run or trek to achieve your own personal challenge and, together, we can triumph over arthritis.

### Here's how to get started:

1. Register.  
Visit [www.jointsinmotion.ca](http://www.jointsinmotion.ca).  
Call 1.800.321.1433.
2. Receive your information package and choose your challenge.
3. Start fundraising and training, and together, we will fight arthritis.



# Challenge Yourself. Help Millions.

**Walk. Run. Trek.**  
**Join the Joints In Motion Team.**

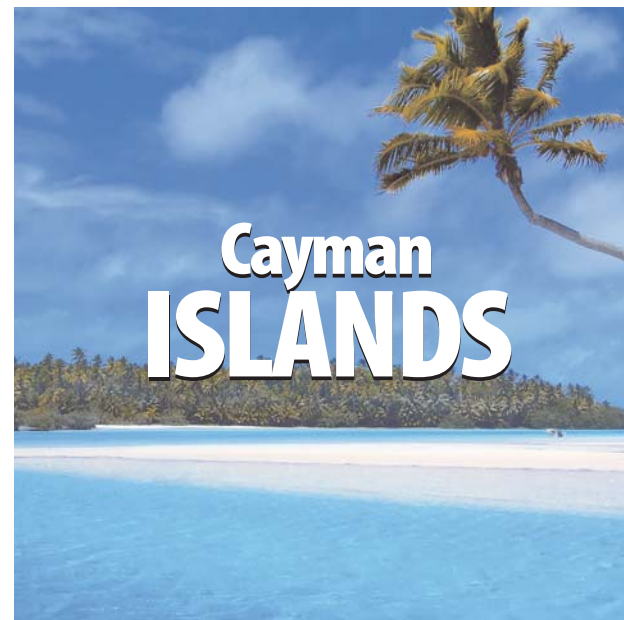
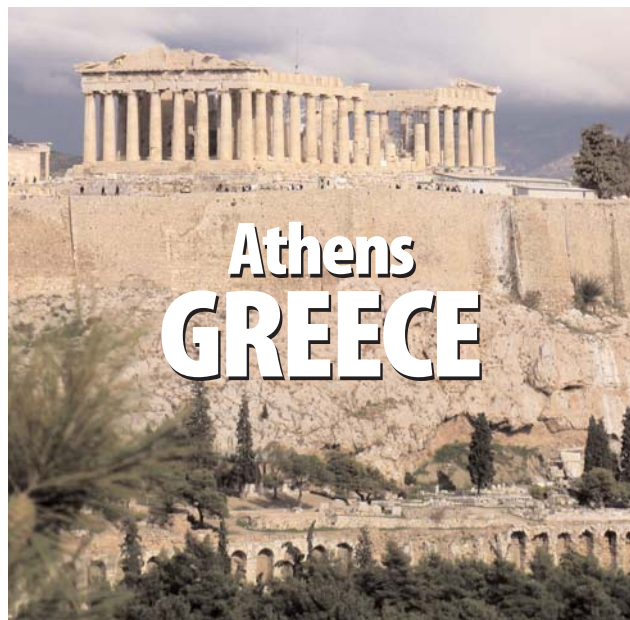


ARTHRITIS  FIGHT IT!

1.800.321.1433 | [www.jointsinmotion.ca](http://www.jointsinmotion.ca)

# NEW 2010 DESTINATIONS

## CHOOSE YOUR CHALLENGE!



To date, more than 4,900 Joints In Motion participants have raised over \$29 million in support of The Arthritis Society's mission to find a cure for arthritis.

### WHERE WILL YOUR CHALLENGE TAKE YOU?

**June 2010 Vancouver**  
*Scotiabank Half Marathon*  
Half, 5K  
3 nights / 4 days

**October 2010 Kathmandu, Nepal**  
*Everest Adventure Trek*  
14 days

**October 2010 Athens, Greece**  
*Athens Classic Marathon*  
Full, 10K and 5K  
5 nights / 6 days

**December 2010 Cayman Islands**  
*Cayman Islands Marathon*  
4 nights / 5 days

**To find out if these or other destinations are being offered by your local Arthritis Society office, call 1.800.321.1433 or visit [www.jointsinmotion.ca](http://www.jointsinmotion.ca).**