

Ottawa Chapter 2009 Summer Update



Check out more photos
@ flickr.com/MSOttawa

Missed the *Nutrition & MS* education event?

Look for an article in our upcoming Fall newsletter to fill you in! Email leanne.anderson@mssociety.ca if you would like to be added to the email notification list for future education events.

Golf Fore MS!

The Ottawa Chapter's MS 100 Hole Golf Tournament has been rescheduled to August 17, 2009 at Glen Mar Golf Club.

To find out how you or your team can participate, contact Laurel @ 613-728-1583 ext. 222 or laurel.mackenzie@mssociety.ca

Over 1500 people walked to end MS

On the cool Sunday morning of April 26, 2009, over 1500 people took part in the MS Walk. This year, the 2009 MS Walk was combined into one site at Agricultural Canada's Experimental Farm. Over 175 fabulous volunteers kept the event running smoothly. So far, we have raised nearly \$320,000 in support of individuals living with MS and pledges are still coming in! Thank you to all of our Walkers, the organizing committee and volunteers! **Don't forget, it's not too late to hand in those last minute pledges!**

A reminder to those who have received a call to confirm that their 2009 MS Walk fundraising prize has arrived. Our office is open between 9-5pm, Monday to Friday.

Ottawa-Kemptville RONA MS Bike Tour celebrates 20 years

We are celebrating the 20th Anniversary of the RONA MS Bike Tour with 20 days of prizes! Log on to mssociety.ca/ottawa for more details.



pledge • ride
volunteer

Gear up to end MS!
August 8 & 9, 2009



Contact Michelle to get involved
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Contact us:

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Capital Connection's next issue will be Fall 2009. Go paperless and help save a tree! To receive the digital edition, e-mail info.ottawa@mssociety.ca