

Summer 2009

Dear Friend *(insert the First Name of your contact),*

As you probably know, I have asthma.

I was diagnosed when I was just a little older than my son Sean and took medication with a spoonful of jelly for many years. By the time I was 14, I had my symptoms under control, but asthma never goes away. It is a chronic disease, which means that likely I will suffer from inflammation and constriction of the airways as I age. Now I am educated on asthma and know how to successfully manage my triggers and medication.

(Sample personal story above, please add your own story above.)

Thousands of others are not as informed. Many Chicago children miss dozens of days of school each year because they haven't been taught how to manage their asthma properly. More than half (58%) of all children with asthma in Chicago had a severe asthma attack in the past year.

This does not need to happen. You can help support important healthcare, economic, and personal issue by supporting me as I participate in the **Hike for Lung Health on September 27th**. I am walking in this multi charity fundraising event to support all those with lung disease.

Respiratory Health Association; the organization I am walking with at the Hike, helps teach students proper asthma management in dozens of elementary schools throughout Chicagoland. We are able to do this through funds raised from this event. Please consider a \$10 or greater contribution to my very personal cause.

Just click on this link and you can make a secure online donation at my website:
www.myhikewebsite.org *(insert your Hike fundraising page).*

THANK YOU for supporting me and RHAMC!