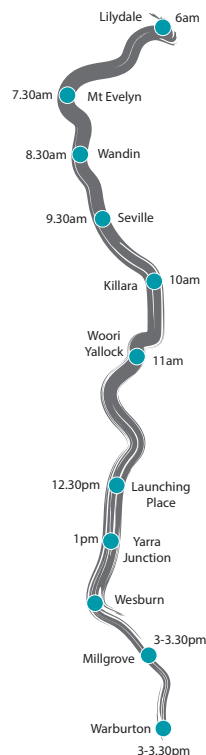


Do you know the Signs and Symptoms of Ovarian Cancer?

Have you heard of a CA-125 blood test and / or a pelvic scan?

How to get involved with this year's "Walk With Me" for Ovarian Cancer Awareness!

1. Visit walkwithme4oca.com



2. **Decide to either walk, ride, run, amble with friends or be a support driver** part or all of the Warburton Trail on Sunday 25th February.
3. **Register your participation or support** by donating any amount: individually, or as a team through our website: walkwithme4oca.com
4. **Learn the signs and symptoms of Ovarian Cancer**, share your knowledge with every woman you know.
5. **Donate or purchase a top** through our website: walkwithme4oca.com
6. **Choose your starting checkpoint** from the map above
7. **Have a support driver** to pick you up at any of the checkpoints
8. **Prepare if doing long distance** - tape 'hot spots' to avoid blisters bring an energy drink
9. **Cheer squad** - those not walking come for a coffee and support the event

Signs & Symptoms

- Shortness of breath or difficulty breathing
- Constant fatigue
- Changes in bowel habits
- Difficulty eating or getting full quickly
- Abdominal bloating or swelling
- Pelvic or abdominal pain
- Lower back pain
- Uncomfortable or painful intercourse
- Vaginal abnormalities
- Frequent or urgent need to urinate

Last year we raised
\$73,763 in TOTAL!

We want to beat this amount in 2018!

We hope to see you at the end of the event around 3:30pm for the raffle and have a nice cool drink and snack at the COGG Cafe in Warburton

You can leave any feedback via the WalkWithMe on the Facebook events page.

Woman who are diagnosed with Stage 3+ Ovarian Cancer are given only a 5 year survival rate ... some live longer, some live less ...

RAISE THE AWARENESS

Faith Hope Love