



Come Take a Walk with Me...

Hi!

On January 1, I set a course for myself for 2007. I registered for the Breast Cancer 3-Day. If you aren't familiar with this remarkable event, thousands of women and men come together at different locations around the United States and walk to fight Breast Cancer. They walk 20 miles per day, each day, for all three days, benefiting Susan G. Komen for the Cure. In Seattle, the 3-Day takes place September 7-9, 2007.

We all have our own special reasons for walking. I am walking in honor of my Mom, Jane Warren Hagen, and her sister, Anne Warren Albano. Both of those women shaped my life. They are now 80-something, feisty women who won their breast cancer battles and are still the life force of their families. I am also walking:

- ♥ To honor the women and men who didn't win their battle with breast cancer,
- ♥ To increase awareness about breast cancer, the importance of breast health for all women and men, and the need to act to prevent breast cancer, and
- ♥ To raise funds for Komen for the Cure, to help win the breast cancer battle once and for all.

To do that, I need your help!

Each Breast Cancer 3-Day walker pays a registration fee to participate. Then we start working to raise a minimum of \$2,200 in donations. I invite you to support my 3-Day walk by making a donation today. There are **two easy ways to donate**.

1. Make a donation online at a secure web site. If you visit, www.The3Day.org you will see the button, "Donate Today." If you select the Seattle location and type in my participant name – Margo Harris – you will be able to quickly make an online donation.
2. Email me at margo@pnwhealth.com to receive a Donation Slip and a stamped, addressed envelope to make a credit card donation or to send a check directly to the Breast Cancer 3-Day. ***Please also see the note about Matching Gifts if your employer matches donations.***

I have already started training and walking longer distances to prepare. My sweet dog, Sadie, is matching me step for step. I am confident that I will walk every step of the 60 miles to succeed in my 3-Day adventure. Please join me – on a training walk, in spirit, and financially – to share in my effort.

Thank You for Supporting the Fight Against Breast Cancer

