



Wednesday 14 March 2018
5:45-7:15pm, Hamilton Lake
Spectacular Fun, Goody Bags & Spot Prizes

www.purplewalk.co.nz

www.facebook.com/Purple.Walk

The 10th annual Purple Walk for Endometriosis, a funwalk in Hamilton on Wednesday 14 March, aims to reach the thousands of Waikato women who may be affected, many unaware of endometriosis and its impact.

Co-ordinated by Insight Endometriosis, the event starts with a Koru warm-up with Gama Fitness at 5:30pm at Lakeside Innes Common with the walk heading off at 5:45pm to circuit picturesque Hamilton Lake.

An anticipated 500+ participants decked out in spectacular purple will raise awareness of this significant condition.

Entry is **just \$5** for those aged 13 and over (goody bags extra), with \$4000 in Spot Prizes up for grabs including Most Creative Team and Best-Dressed Dog! There is no need to register children or dogs; they are welcome to dress up and join in the fun!

How to Register:

- at the event from 4:30pm (*cash only*) – save time by downloading and completing the registration forms to bring with you.
- online by credit card at PurpleWalk.co.nz 1-13 March
- in person at Tonic Health Stores, Florist Ilene and UniRec 1-13 March

Registration forms and posters are on the website, along with a link to further information about endometriosis and Insight Endometriosis.

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Registered Charity
(CC10906)

PurpleWalk.co.nz
InsightEndometriosis.org.nz
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About the Goody Bags

Our goody bags are world famous in the Waikato!

500 awesome goody bags are available on a first-come first-served basis, with a limit of **one per paid registrant**. Goody bags will be available to collect at the end of the event.



These high-quality jute bags sponsored by Naylin Appanna Women's Health Centre, are stuffed full of goodies such as snacks and personal products, as well as vouchers including a free consultation with gynaecologist Naylin Appanna, a free photo shoot with Jade Thorby, and free swim at Te Aroha Hot Pools. These sturdy environmentally friendly bags, along with product and vouchers totalling hundreds of dollars, are fantastic value for **just \$20!**

Spot Prizes worth \$4000

Spot prizes valued at **\$4000** will be awarded at the end of the walk. Team registrations are encouraged, with a special prize for the **Most Creative** registered team. And there's a popular prize for the **Best-Dressed Dog!**

About Endometriosis & Insight Endometriosis

Endometriosis is very common, affecting at least 10,000 Waikato women and teenage girls, and can dramatically impair quality of life.

The most common symptom of endometriosis is period pain, characterised by taking pain relief, bed rest and time off work or studies. Endometriosis is also a leading cause of fertility problems.

Those with endometriosis are often faced with long diagnostic delays – commonly because women and teen girls 'normalise' the pain until it becomes overwhelming. It is frequently confused with irritable bowel syndrome (IBS) and pelvic inflammatory disease (PID).

Women with painful periods that affect lifestyle should seek the help of a gynaecologist specialising in endometriosis.

Community support is available from Insight Endometriosis, a registered Charitable Trust working collaboratively to empower women through raising awareness and providing information, education and support. All funds raised from the funwalk will be used to support and extend community services and our volunteer programme.

Thank you to our Supporters

Insight Endometriosis extends a huge thank you to Print House and Naylin Appanna Women's Health for their generous support and awesome enthusiasm. Thanks also to other key supporters: Tonic Health Stores, Florist Ilene, UniRec, Ann Hooper and Lodge Real Estate, Gama Fitness, Any Audio & Video, Jade Thorby Photographer, Lions Chartwell, Copierworld and all our spot prize and goody bag supporters, and our awesome volunteer team!

Enquiries

For information about Purple Walk or endometriosis, contact Annette Evans, Insight Endometriosis on 07 8555 123 or email info@PurpleWalk.co.nz