



For Our Volunteers

**How You Can Help...**



# What is Hip Hip Hooray?

On **September 21<sup>st</sup> to 25<sup>th</sup>** we're asking people across the country to celebrate their mobility, while raising money for the Canadian Orthopaedic Foundation.



Get pledges or Walking Buddies by engaging Your Family, Friends, Workplace Colleagues & Surgeon



Grab your Pedometer



Count your steps going wherever and with whomever you choose from September 21<sup>st</sup> to 25<sup>th</sup>



**Funds for us to invest into local communities.**

*Funds will be used to produce and distribute educational materials and resources to orthopaedic patients through hospitals, surgeon offices, physiotherapy clinics, joint assessment clinics, via nurses, through mail and on-line. Funds will also be used to expand local services of the Ortho Connect Peer Support Program.*

# Why is it Important?



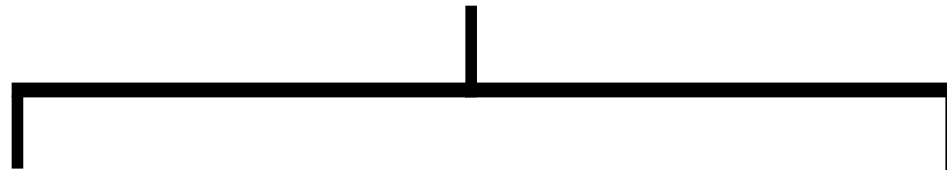
The Canadian Orthopaedic Foundation is Canada's health charity dedicated solely to helping people build, maintain and restore their bone and joint health. We do this by raising and allocating funds for the research, education and care that help Canadians to live and move independently - longer and stronger.

- ◎ Bone and joint disorders are more common than any other long-term health problem.
- ◎ Over 20 percent of Canadians - more than 6 million people - report having bone and joint health problems: arthritis, rheumatism, osteoporosis, osteoarthritis, trauma injury or disease.
- ◎ Bone and joint disorders cost the economy an estimated \$17-billion per year in health resources and lost productivity.

# How You Can Help

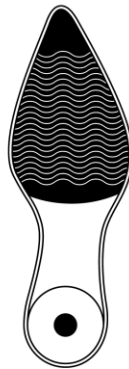


Your goal is to engage at least 7 people in Hip Hip Hooray:



5 New Walkers/Teams

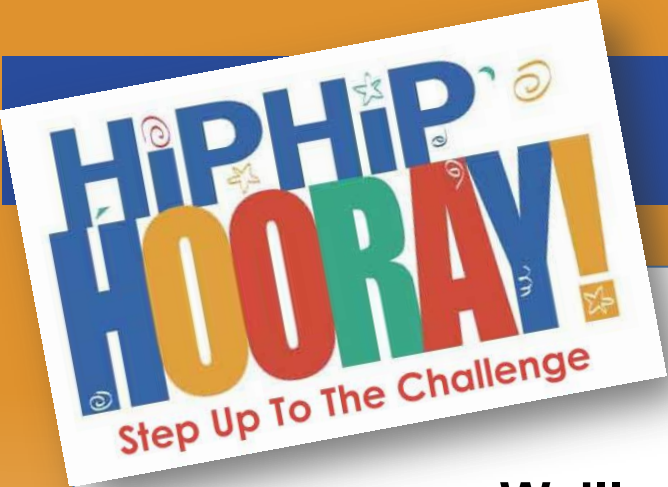
2 New Volunteers





# Getting People Involved

- ① **Send an E-mail to your friends:** Let them know what you're doing, why you're doing it and how they can help. (EMAIL SAMPLE PROVIDED)
- ① **Use your Social Networks:** Post our website URL on your facebook, twitter or LinkedIn page along with your story ([www.hiphiphooray.org](http://www.hiphiphooray.org))
- ① **Engage your Workplace:** Create a Corporate Team, or for larger organizations create Departmental Teams to compete against one another
- ① **Call your Surgeon** to let them know you're participating and encourage them to start a team
- ① **Engage your Community Centers:** Invite members of your senior center, community center, fitness facility etc. to participate in the event (BULLETIN PROVIDED)
- ① **Encourage local business to start a team:** pharmacies, grocery stores – any place you often shop



# We're Here to Help!

## **We'll provide you with:**

- ⊙ Posters, brochures etc. if you would like them
- ⊙ Pre-written email and newsletter bulletin
- ⊙ Emails with tips, stories and ideas to recruit
- ⊙ An information package for the new teams you recruit
- ⊙ A community of volunteers and participants on Facebook to support you
- ⊙ A dedicated staff member to answer your questions and concerns at any time



# How to Volunteer

**To Volunteer please contact:**

**Jennifer Gunn**

Hip Hip Hooray! Event Manager

E-mail: [jennifer@canorth.org](mailto:jennifer@canorth.org)

Phone: 1-800-461-3639 Ext. 2