

Iowa SIDS Walk 2007

walking for our CHILDREN ...and yours



Saturday, August 25, 2007

8:30 a.m. Registration*

9:00 a.m. Walk Begins

Register for these locations:

Albia: North corner of town square at 8:00am (*register at 7am), also 5K run

Cedar Rapids: Noelridge Park

Keswick: Iron Street at 8:00am (*register at 7:30am)

Quad Cities: Scott County Park

Washington: Sunset Park

West Des Moines, IA: Raccoon River Park

Register online www.iowasids.org

support ★ education ★ hope

Eighth Annual Walk for the Future

The 2007 Walk for the Future celebrates eight years of walking and fundraising to fight SIDS in Iowa. Since our walk began we have raised more than \$240,000.

The Walk for the Future provides an opportunity for SIDS parents to meet or reconnect, for friends to show support to a family that has lost a baby to SIDS, and for the community to celebrate and support the future of Iowa's babies.

The majority of our programs and services are made possible through private donations from business and individuals like you.

WALK TO BENEFIT IOWA FAMILIES

With the funds raised at this event, we host regional conferences to educate childcare and health care professionals. We work with community resources to help provide information to families. We provide grief services to families through individual peer contacts and support groups. Ten percent of our annual revenues go to fund research.

While we have made great strides, SIDS remains the leading cause of death for infants from one month to one year of age. In Iowa nearly 1 in 1000 babies dies of SIDS. That's why your continued support is so important!

In memory of all children who have died of SIDS

THE IOWA SIDS FOUNDATION

The Iowa SIDS Foundation is a non-profit 501 (c)(3) organization consisting of a group of diverse volunteers united by a common interest: we are dedicated to raising awareness and educating the community on ways to reduce the risks of SIDS, supporting families of SIDS victims, and funding research to eliminate SIDS.

What is SIDS?

- Sudden Infant Death Syndrome is the sudden, unexpected and unexplained death of an otherwise apparently healthy infant.
- Over 2,400 babies die of SIDS each year — more than all those who die of cancer, heart disease, pneumonia, child abuse, AIDS, cystic fibrosis, and muscular dystrophy combined during their first 14 years.

What SIDS is Not

The causes of SIDS are still unknown and more research is needed, but certain causes have been ruled out:

- SIDS is not contagious, hereditary or caused by parental neglect or child abuse.
- SIDS is not caused by suffocation, vomiting or choking, nor is it caused by immunizations.
- SIDS cannot be predicted, however, the risk of SIDS may be reduced by:
 - putting babies to sleep on their backs on a firm mattress with a pacifier.
 - not smoking while pregnant or around babies.
 - not allowing babies to get overheated.
 - not sharing a bed or sleeping with babies.



We thank our Walk Sponsors



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