



## HOW YOU CAN HELP

1

### **REGISTER – register yourself first**

- Contact the appropriate agency in your area and [join your local registry](#).

2

### **TALK TO FRIENDS AND FAMILY – anyone could be a match!**

- Tell Cathy's story to everyone you know and encourage them to [register](#) as a bone marrow donor.
- Forward this website to everyone you know.

3

### **POST NOTICES – print out personal appeals for help**

- Company bulletin boards
- Community newsletters
- School bulletin boards
- Community centres

4

### **CONTACT COMMUNITY GROUPS AND SERVICE ORGANIZATIONS**

If you, or someone you know, are a member of a community group or service organization, take this information to a meeting and ask everyone to get involved.

5

### **CONTACT LOCAL CHURCHES**

- Announcements at services
- Notices in church bulletin

6

### **ORGANIZE REGISTRATION AND TESTING DRIVES**

Contact your local registry for information on how to organize a donor drive.

[www.bmt4cathy.com](http://www.bmt4cathy.com)