



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