



Each day we take about 20,000 breaths.
For some people living with poor lung health, each breath can be a struggle.

The Lung Association is seeking your help to improve the lives of people in Ontario who have difficulty breathing. Join our **Tulip Day Campaign**, to help raise funds for lung health research, as well as programs such as Asthma Education programs and COPD (Chronic Obstructive Pulmonary Disease) Education & Exercise Program.

Register today as a **Tulip Day Champion** (for your workplace, your apartment building, your community group, etc), and collect tulip orders until February 13th, 2012. Bunches (5 tulips in a bunch) are available for \$7.00; and Pots (6 tulips in a pot) for \$9.00. Note – minimum orders by Tulip Day Champions is 10 pots or tulip bunches. Deliveries are made to Tulip Day Champions, for disbursement, on / around March 7th, 2012.

To register as a Tulip Day Champion, click on the link in this postcard, or call Melanie Estable-Porter at The Lung Association, 613-230-4200 email: melanie@on.lung.ca

When you can't breathe, nothing else matters™

THE  LUNG ASSOCIATION™

*Give the Breath of Spring
and support lung health!*

Volunteer, purchase or become
a workplace champion on
**TULIP
DAY!**

Please visit our website for more information at www.tulipday.ca

When you can't breathe, nothing else matters™