

40 YEARS

INTERSTITIAL CYSTITIS ASSOCIATION

ica

How to raise \$250 in 5 days!

Mon

Donate
\$50
to your
fundraiser!

Tues

Ask a friend
to donate
\$50
to you!

Weds

Ask family to
donate \$50
to you!

Thurs

Ask a
colleague to
donate \$50
to you!

Fri

Ask your
neighbor to
donate \$50
to you!

\$50 x 5 days = \$250



ichelp.org

Thank YOU for supporting the ICA!