

The Mission of the Spina Bifida Association of Iowa is to promote the prevention of spina bifida and to enhance the lives of all affected.

April 2019

Dear Friend of the SBA of Iowa,

We are almost there, and **I need your help!**

You may know that I am on the verge of an adventure of a lifetime. ***I'm going to "hike" the Grand Canyon with a small team of five other people who have all been impacted by Spina Bifida!***

Yes, it's going to be some trip and we'll have a little fun time, but rest assured, this is no vacation! I've been training for three months to do this. And for someone with partial paralysis on one side and hydrocephalus, due to Spina Bifida, the estimated nine-mile hike will be a challenge. I've been training with a trainer from Courage League Sports, and I'm almost ready for my hike at the end of this month, but I still need your help!

My support team of Jenny Condon and Mary Nell Carpenter and I, set a goal to raise \$10,000 for the Spina Bifida Association of Iowa for the Grand Canyon Challenge. The SBA of Iowa is sponsoring my trip to the Grand Canyon--it's a great way for us to demonstrate that people affected by Spina Bifida can reach amazing heights and realize their dreams. **We can do anything we set our mind to--but we all need support!**

You have also been impacted by Spina Bifida so I know that you know that we all struggle. The Spina Bifida Association of Iowa has been there to help me through the rough times. The organization provides direct assistance and support to individuals and families affected by Spina Bifida--whether you are an adult or the parent of a child with Spina Bifida. **This is why I set an ambitious goal to raise funds to support this organization that supports all of us.**

Please help me reach my goal by supporting the Spina Bifida Association so I can go to the Grand Canyon knowing that **you all have my back--literally!** 😊😊😊😊😊😊😊😊❤❤❤❤❤❤❤❤❤❤

Check out the reverse side of this letter for more information and see my enclosed donation card! Please help if you can!

Thank you so much for your support!

In friendship,

Mary Helen Biller

