



Walk the World 4 Endo

WHO IS ENDO HELP?

At EndoHelp, we understand the challenges associated with accessing support for those suffering pelvic pain and navigating complex health needs alongside modern life.

Our aim is to advocate, educate, and empower all people with pelvic pain to live health and themselves.

WHY FUNDRAISE FOR ENDO HELP?

We are walking the world to raise money and awareness about #Endo, a debilitating condition affecting 1 in 9 women making it as common as asthma or diabetes. Endo is a debilitating painful condition with no cure. It is estimated to cost the Australian economy \$9.4 Billion a year and the individual about \$30, 000. The dollar signs don't fully explain the ripple effect that constant pelvic pain has on a person's life.

We are walking to spread the message that PERIOD PAIN THAT INTERFERES WITH YOUR LIFE ISN'T NORMAL and needs medical attention.

We are also walking for the 800, 000 women and people who have Endo in Australia and have endured an average of 6.4 years in diagnosis delay.

We are walking to say we SEE YOU, and we BELIEVE you.

WAYS TO FUNDRAISE:

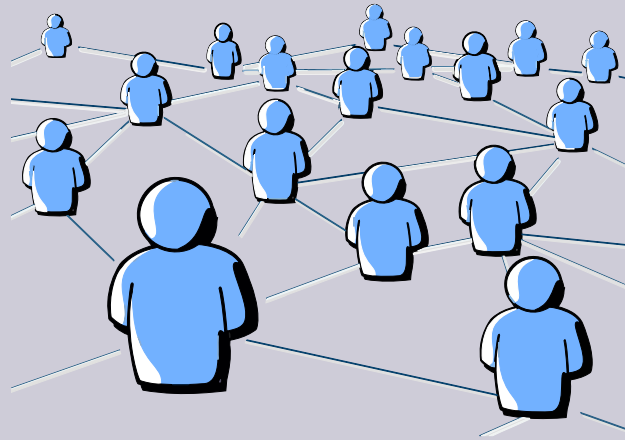
Set up your Just Giving page and nominate Endo Help Foundation



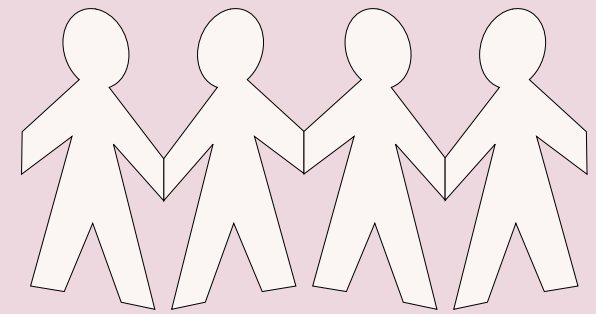
Raise awareness of Endometriosis and the impacts



Send the link of your Just Giving page to all your friends, family and work colleagues



Create a team to keep you motivated and competitive over lockdown



Promote your Just Giving page on social media, such as Facebook, Instagram, LinkedIn and Twitter



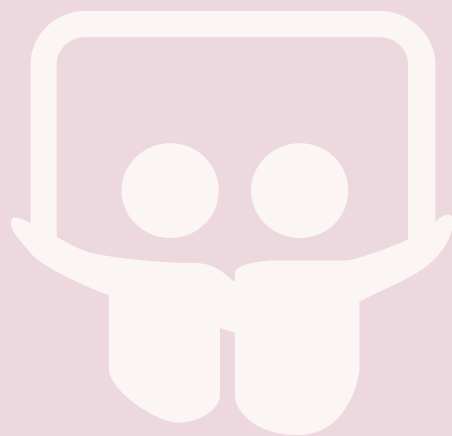
Share your personal story, and how Endo has impacted you and those you love



Hold an online trivia night to raise money and moreale



Ask your friends, family and colleagues to share your Just Giving page



Connect your Strava account to Just Giving so you can share km's you've walked across the month

