

**Ataxia could be the most serious condition you've never heard of.**

**Ataxia Awareness Day**

**25 September 2009**

Have you heard of ataxia? If not you aren't alone. Just 7% of people know about this incurable neurological condition.

**Ataxia means 'lack of order', because it gradually makes you lose control of your body.**

People with ataxia have problems with speech, co-ordination and walking. Ataxia gets worse over time, until you become dependent on others for all your needs.

**Over 10,000 people in the UK have ataxia. Please help us spread the word that ataxia exists.**

Find out how you can help at [www.ataxiaawarenessday.org](http://www.ataxiaawarenessday.org)



Join us and walk, wheel, or wobble a mile for ataxia awareness



Ataxia<sup>with</sup>  
UK



[www.ataxia.org.uk](http://www.ataxia.org.uk)  
Charity no: 1102391  
Tel: 020 7582 1444

[www.atsociety.org.uk](http://www.atsociety.org.uk)  
Charity no: 1105528  
Tel: 01582 760733

## Join in the Wheely Wobbly Walk, our national awareness event



### What you can do to help

This year we are asking you to join us and walk, wheel, or wobble a mile for ataxia. You can hold your own **Wheely Wobbly Walk** around the awareness day, or join in your local event walking, in a wheelchair, on a bike, with a walking aid: however you can.

### How do I do it?

Joining is easy. Just pledge to walk a certain distance and make sure everyone knows why you are doing it: to tell people what ataxia is. [Get in touch with us today](#) for more information and help getting started. You can even get sponsored for your walk and raise money at the same time to help support people with ataxia and fund our vital research.

### Not able to join a walk?

You can help just by logging on to [www.ataxiaawarenessday.org.uk](http://www.ataxiaawarenessday.org.uk) and finding out all about ataxia, or by making a donation to support our work.

### Just for fun

603 miles (970 km) is the length of Great Britain as the crow flies. Why not pledge to cover a mile or even more? Together, we can walk the length of the country. Register today on 020 7582 1444 or go online.

Find out more at [www.ataxiaawarenessday.org](http://www.ataxiaawarenessday.org)

Your local contact or event is: