

## Take Action Today

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### Sign the Petition for Preemies: [marchofdimes.com/petition](http://marchofdimes.com/petition)

The first thing to do is sign the petition. It's quick and easy online!

### e-Volunteer: spread the word

Next, help recruit people to sign the petition. This is also quick and easy online!

- Use banners, badges, widgets, or blogging to spread the word and inspire others (tools at [marchofdimes.com/petition](http://marchofdimes.com/petition), starting October 1<sup>st</sup>).
- E-mail family and friends and ask them to sign the petition (template at Take Action on [marchofdimes.com/prematurity](http://marchofdimes.com/prematurity))
- Send letters to editors of local print media to publicize the petition (template at Take Action on [marchofdimes.com/prematurity](http://marchofdimes.com/prematurity))

### Volunteer in your neighborhood: ready to do more

You can also help your local chapter with "on the ground" activities.

- Collect signatures on paper petitions
- Place posters around town

The paper petitions and posters are available at local March of Dimes offices. Go to [http://www.marchofdimes.com/chapter\\_view\\_all.asp](http://www.marchofdimes.com/chapter_view_all.asp) to find offices in your state.

### Want more information about the Foundation?

The [March of Dimes](http://www.marchofdimes.com) Web site provides a wealth of information as well as educational services and support for moms and moms-to-be.

You can also use the online resource center as a self-study orientation (for new and veteran volunteers) and a place to return anytime to learn more about the March of Dimes. Go to <http://orientation.marchofdimes.com/> (password: power2lead).