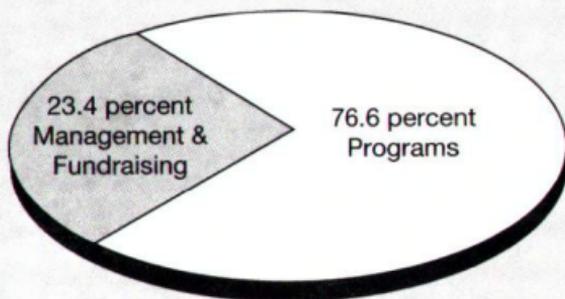


A Proud Record of Fiscal Responsibility

We Spend Your Gifts Wisely

As this chart shows, 76.6 percent of every dollar spent supports research and programs that help babies. So you can feel good about the contribution you make to our efforts.



Would you like more details about our financial fitness? Just write to our address below and we'll send you an annual report with our most recent financial statement.

March of Dimes Foundation is a tax-exempt charity, registered with the Internal Revenue Service as a 501(c)3 organization. Our mission is to improve the health of babies by preventing birth defects, premature birth, and infant mortality. You may obtain a copy of the March of Dimes annual financial report by writing to March of Dimes Foundation, Box 2000, White Plains, NY 10602, (914) 428-7100 or by visiting our website at www.marchofdimes.org. In FLORIDA, A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING 1-800-435-7352 (800-HELP-FLA), TOLL-FREE WITHIN THE STATE OR BY VISITING www.800helpfla.com. Our Florida registration number is: CH 569. In GEORGIA, a full and fair description of the programs and activities of the March of Dimes and its financial statement are available at the address and telephone number above or at www.marchofdimes.org. In MARYLAND, copies of documents and information submitted by March of Dimes are available for the cost of copies and postage from the Secretary of State, Statehouse, Annapolis, MD 21401, 1410-974-5534. March of Dimes registration number in MICHIGAN is MICS 3045. In MISSISSIPPI, the official registration and financial information of March of Dimes may be obtained from the Mississippi Secretary of State's office by calling 1-888-236-6167. In NEW JERSEY, INFORMATION FILED WITH THE ATTORNEY GENERAL CONCERNING THIS CHARITABLE SOLICITATION AND THE PERCENTAGE OF CONTRIBUTIONS RECEIVED BY THE CHARITY DURING THE LAST REPORTING PERIOD THAT WERE DEDICATED TO THE CHARITABLE PURPOSE MAY BE OBTAINED FROM THE ATTORNEY GENERAL OF THE STATE OF NEW JERSEY BY CALLING (973) 504-6215 AND IS AVAILABLE ON THE INTERNET AT www.njconsumeraffairs.gov/ocp/charities.htm. NEW YORK residents may obtain a copy of March of Dimes' annual report by writing to the Office of the Attorney General, Department of Law, Charities Bureau, 120 Broadway, New York, NY 10271. In NORTH CAROLINA, financial information about March of Dimes and a copy of its license are available from the State Solicitation Licensing Branch at (888) 830-4989 (within North Carolina) or (919) 807-2214 (outside of North Carolina). In PENNSYLVANIA, the official registration and financial information of March of Dimes may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. In VIRGINIA, a financial statement for the most recent fiscal year is available upon request from the State Division of Consumer Affairs in the Department of Agriculture and Consumer Services, P.O. Box 1163, Richmond, VA 23209, 1-804-786-1343. In WASHINGTON, you may obtain additional financial disclosure information by contacting the Secretary of State at 1-800-332-GIVE. WEST VIRGINIA residents may obtain a summary of the registration and financial documents from the Secretary of State, State Capitol, Charleston, WV 25305. CONTRIBUTIONS FOR FEDERAL INCOME TAX PURPOSES ARE DEDUCTIBLE IN ACCORDANCE WITH APPLICABLE LAW. REGISTRATION WITH THE STATE AGENCIES DESCRIBED ABOVE DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION.

Five Tips For a Healthier Baby

Do you know someone who is pregnant or plans to be - a friend, daughter or granddaughter? Then do your part to help her deliver a healthy baby by passing along this advice from the March of Dimes.

The March of Dimes recommends that all pregnant women follow these five key steps:

- 1. Get early and regular pre-natal care.** It reduces your risk of having a low birthweight baby.
- 2. Eat nutritious foods.** Make sure that you and your baby get all the protein and nutrients you need through a varied diet.
- 3. Don't smoke!** Women who smoke increase their chances of having a miscarriage or a low birthweight baby.
- 4. Don't take drugs.** Taking drugs, except those approved by a doctor who knows you're pregnant, can cause severe disabilities - or even result in the death of your baby.
- 5. Don't drink.** Hard liquor, wine and beer can all cause birth defects.

For current information about our programs and services, March of Dimes news, and important health information, visit us online anytime at **marchofdimes.org**



Thank you for your support.

To reduce administrative costs, all gifts are processed at three central facilities. Rest assured your contribution supports programs in your state, as well as nationwide scientific research.

**THE MARCH OF DIMES MESSAGE
TO PREGNANT WOMEN:**

- **Get early and regular prenatal care**
- **Don't take any medicines except those approved by a health care provider**
- **Eat nutritious foods**
- **Don't smoke; avoid secondhand smoke**
- **Don't drink alcoholic beverages**



From:



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STAMP
HERE

March of Dimes
Donor Service Center
P.O. Box 8037
Topeka, KS 66608-0037

