



**RECENT NEWS**



Big Sunday's event this year [www.bigsunday.org](http://www.bigsunday.org), gave over 50,000 volunteers the opportunity to work on over 400 different projects within the community. This was Real Medicine's 2<sup>nd</sup> year to be a recipient of Big Sunday's generous contributions, which provided us with the materials needed to revamp our outreach room at Florence & Western Medical Clinic in South Los Angeles. Real Medicine currently provides physical therapy, children's programs and adult health and fitness classes at this location. We also have a daily food program.

Thanks to a host of volunteers from RMF, Fox Gives, Big Sunday and Project Captain Heather Hamilton's direction, we were able to get the job done in only 5 short hours. There are still a few finishing touches to be put in place, and if you would like to help, please contact [sarah@realmedicinefoundation.org](mailto:sarah@realmedicinefoundation.org).

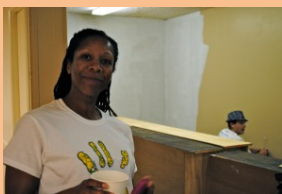
If you volunteered at this year's event we would love to hear from you and post your experiences on our blog <http://www.realmedicineblog.com>. Please send any stories to [allison@realmedicinefoundation.org](mailto:allison@realmedicinefoundation.org)

**CURRENT VOLUNTEER NEEDS**

- Assistance with Saturday children's programs
- Recruit friends running the 2011 LA Marathon to run for Real Medicine
- Host a fundraiser for Real Medicine Projects!

**VOLUNTEER OF THE MONTH**

Heather Hamilton



*THANK YOU Heather!!*

**Upcoming Events**

May 13, 2010



[Fox Gives 2nd Annual Philanthropy Fair](#)

May 16, 2010



[The Santa Monica Classic](#)

June 27, 2010



[Dionicess VI - Beer, Sausage & Fries Pairing - Fundraiser](#)



[Join Athletes for Real Medicine in the LA Marathon 2011!](#)

As always, our volunteer calendar is posted at:

<http://volunteer.realmedicineblog.com/calendar/>

For any questions regarding the LA clinics, please contact Sarah Stern at

[sarah@realmedicinefoundation.org](mailto:sarah@realmedicinefoundation.org)

**NEED AN IDEA?**

- Help us bring up our Facebook and Twitter numbers!  
<http://www.causes.com/causes/177365>  
<http://twitter.com/RealMedicine>
- Hold a carwash, pot-luck dinner or yard sale for Real Medicine