



Through Organ Donation, Jose's Heart Continues to Beat in Alberto: Heart recipient Alberto Disla (center) met the family of his donor, Jose Perez at NJ Sharing Network. A picture is worth a thousand words!



## Get Involved and Help Save Lives Through Organ & Tissue Donation

- Give hope to the more than 5,000 people in NJ awaiting a life-saving transplant by registering to be an organ and tissue donor! Visit your local motor vehicle agency or [www.NJSharingNetwork.org](http://www.NJSharingNetwork.org) to register.
- Discuss your wishes to be an organ and tissue donor with your family.
- Encourage friends and family members to register as an organ and tissue donor.
- Wear and distribute green "Donate Life" bracelets or lapel pins at work or in your community to show support for organ and tissue donation.
- Visit our organ and tissue donation and transplantation exhibition at Liberty Science Center, Jersey City –opens Summer 2013!
- Support our educational initiatives and donor family services by making a contribution to the NJ Sharing Network Foundation at [www.NJSharingNetwork.org](http://www.NJSharingNetwork.org).
- "Like" NJ Sharing Network on Facebook at [www.facebook.com/NJSharingNetwork](http://www.facebook.com/NJSharingNetwork) and post a link about NJ Sharing Network on your own Facebook page to help spread the word.
- Follow NJ Sharing Network on Instagram (@NJSharingNetwork).
- Follow NJ Sharing Network on Twitter (@NJSharing) and use Twitter yourself to alert your followers about what organ and tissue donation means to you!
- Reach out to local businesses and organizations to help organize and showcase our presence at health fairs, workplaces, community events, and places of worship.
- Support NJ Sharing Network's signature annual events: 5K Walk and USATF-Certified Race in June and our Golf and Tennis Classic in October.
- Become a NJ Sharing Network Volunteer Ambassador and help educate others about the life-saving benefits of organ and tissue donation.
- Contact us to find out how to connect with your local high school, police, fire, and/or EMS departments, and area colleges to spread donation awareness.
- If you are an organ or tissue transplant recipient, a donor family member, a living donor, someone waiting for a life-saving organ transplant, or a family member of someone who could no longer wait, share your story of hope! There are opportunities during National Donate Life Month in April, National Donor Sabbath in November, and also year round!
- Did you know? Nearly 120,000 people are waiting for an organ transplant nationwide. Each day 18 people die while waiting for a life-saving organ. Keep spreading the word about the importance of organ and tissue donation, and help make organ transplant waiting lists a thing of the past!

**For more information or to get involved, email [info@NJSharingNetwork.org](mailto:info@NJSharingNetwork.org) or call (908) 516-5400.**