



International Paruresis Association, Inc.

Celebrating 15 Years!

P. O. Box 65111 Baltimore, MD 21209
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www.paruresis.org ~ www.shybladder.org

November 18, 2011

Dear Members & Friends,

I want to thank everyone from the bottom of my heart for your ongoing support of the International Paruresis Association (IPA). Without members like you, this organization could not do half of what we accomplish, much less survive. One member recently wrote: "It has been truly exciting to see how far you have taken this movement. Thank you for all you do. It has helped me so much."

In 2011, IPA:

- Celebrated its 15th anniversary with a new vision, mission, and strategic initiative;
- Won a letter from the Equal Employment Opportunity Commission (EEOC) that indicates paruresis is a disability;
- Received some great media coverage (see enclosed articles).

This coming year (2012), the top three priorities agreed upon at our Board retreat, based on the members' interest, are:

- Double the number of IPA workshops from 5 to 10;
- Triple the number of women serviced by the organization;
- Develop a physicians and college outreach program.

Please help the IPA remain strong and renew your membership ***today***. You can do this online, or simply return the enclosed membership form. Without your ongoing support, the work simply cannot get done.

Thank you again for helping us achieve our new mission: "to cure paruresis (shy bladder) and improve the lives of all people affected." Do not hesitate to email the office (info@paruresis.org) or call (number above) with any concerns or questions.

Sincerely,

Steven Soifer, Ph.D., LGSW
CEO, International Paruresis Association