

FOR IMMEDIATE RELEASE
March 22, 2013

Make the choice to make a difference during MS Awareness Week

PHILADELPHIA –Multiple Sclerosis (MS) is an unpredictable disease that robs individuals of their independence and overall quality of life. Over 400,000 people are affected by MS in the U.S. alone with more than 2.1 million worldwide. It isn't simply a collection of symptoms defined through paralysis, debilitating fatigue, numbness or loss of vision, but rather a destroyer of connections. MS disrupts signals, separates minds from bodies and affects the spouses, children and loved ones of those living with MS. The National Multiple Sclerosis Society has committed itself to being a leading provider of programs for people living with MS for more than 50 years. Services including home care, physical and occupational therapy, employment services and financial assistance among others are only made possible through public support.

MS Awareness week will be held from March 11-17, 2013 and there are various ways through which you can get involved. Make the choice to **get active** and register for one of the National Multiple Sclerosis Society's events such as Walk MS at www.walk4MS.org or MuckFest MS at MuckFestMS.com. Invite your friends and family members to participate or call 1-800-548-4611 to contribute your professional and personal skills while helping the Greater Delaware Valley Chapter better serve local individuals and families living with MS.

Make your mark and **wear orange** each day of the week so that when someone asks about your bold color choice you can explain why you have chosen to join the movement toward a world free of MS. **Contact your legislators** because advocacy efforts can be extremely powerful in guaranteeing the rights and care of those living with MS. Make an appointment, tell them your story and how it is imperative to support legislation that protects people with MS. **Write a letter to the editor** of your local newspaper that explains your choice to become involved with the movement and work towards a world free of MS. To make it even easier, you can [use this template](#).

Additionally, the Society will host several events throughout MS Awareness Week to educate local residents. Events will include the MS Experience Lab where individuals can experience a simulation of the symptoms associated with multiple sclerosis. We are pleased to announce that the Benjamin Franklin Bridge's lights will be orange throughout the week of March 11-17 in dedication to MS Awareness. This year, make the choice and come together with your community to share, educate and build awareness around multiple sclerosis. Visit moveforMS.org for more information or call 1-800-FIGHT-MS and join the movement.

About the National MS Society

MS stops people from moving. The National MS Society exists to make sure it doesn't. We do this through our home office and 50-state network of chapters by funding more MS research, providing more services to people with MS, offering more professional education and furthering more advocacy efforts than any other MS organization in the world.

###

Media Contact:

Yarissa Reyes

215-271-1500 ext. 24110

Yarissa.reyes@nmss.org