

National Multiple Sclerosis Society Greater Northwest Chapter



"It's a powerful feeling to be a part of this huge movement. Now that I've got a very personal reason to be involved, it makes me proud, happy, overwhelmed and buzzed to see so many people rallying together to stop MS."

Suzanne Asprea Walk MS Team Captain



To learn more, visit us at www.MSnorthwest.org and click on Volunteer.

Contact your local office: 1-800-344-4867, press 2.

MS stops people from moving. We exist to make sure it doesn't. **JOIN THE MOVEMENT**

volunteer/\S MAKE YOUR MARK!

Your passion can help us achieve a world free of multiple sclerosis. Make your mark to end MS by joining the movement as a volunteer!

skills: Make your mark by sharing your talents.

We each have unique skills and talents that can help make a difference in the movement to end MS. Whether you have professional experience or want to expand your skill-set, we have a need for everyone!

voices: Make your mark by sharing your story.

Spread awareness and education by sharing your story! Your personal experience and example can give hope to someone living with MS, give voice to our outreach efforts, give motivation to an event participant, or give face to our advocacy program. You can also get involved by adding your voice to our StoryBank.

groups: Make your mark with your friends and family.

MS affects more than just the person diagnosed... it also affects friends, family and communities. Join together by hosting a fundraiser through your community or school, form a fundraising event team with your co-workers, or provide professional pro-bono expertise. Many volunteer opportunities can be tailored to a group experience!

events: Make your mark here.

Our fundraising events bring thousands of people together to have fun, to celebrate successes large and small, to build a caring community and to raise money for programs, services and research. It takes a village to put on events, and we can use your help before, during and after each event.

internships: Make your mark while learning.

Receive an educational foundation and gain experience while making a difference in the lives of people with MS. Students support chapter staff in planning, cultivating, marketing and other duties that provide lasting skills and contribute to the success of our chapter.

outreach: Make your mark in the real world.

The Greater Northwest Chapter is at work in communities all across Western and Central Washington and Alaska. Take an active role in our outreach efforts so we can build and maintain relationships with community partners, establish an increased presence in your community and provide the highest quality referrals and services.

virtual: Make your mark anywhere.

You can join the movement from your own home or in the community. Sign up for our Action Alert network and take action on the latest issue, make calls to our event participants or get involved in outreach efforts in your community!