



National  
Multiple Sclerosis  
Society  
Greater  
Northwest  
Chapter

## WHAT CAN I DO IN MY COMMUNITY?

1. **Hang posters** for an upcoming National MS Society event! Let's plaster our communities with information on Walk MS and Bike MS since they are the rallying point of the MS movement! Contact [teamMSnorthwest@nmss.org](mailto:teamMSnorthwest@nmss.org) to request your posters.
2. **Host an informational booth** at your local farmers market or grocery store! Just call the manager of your local grocery store and ask if you can have a table with information and resources on multiple sclerosis. Most local businesses will welcome and encourage your involvement! If you get the "green light", contact Lauren Spero at [lauren.spero@nmss.org](mailto:lauren.spero@nmss.org) for more information on brochures, materials, and other table displays the Chapter can provide.
3. **Re-post this great awareness video** to your personal Facebook page:  
[http://www.youtube.com/watch?v=KgaHw\\_6uvYU](http://www.youtube.com/watch?v=KgaHw_6uvYU)
4. **Visit [whyhere.org](http://whyhere.org) to check out our new awareness campaign** in the Puget Sound. Then, tell 5 friends about the campaign and tell them to check out [whyhere.org](http://whyhere.org)!
5. **Visit [Facebook.com/MSnorthwest.org](https://www.facebook.com/MSnorthwest.org) and become a fan** of the Greater Northwest Chapter on Facebook. Then, share updates that interest you on your own newsfeed!
6. **Share your story through the Chapter's StoryBank project.** Visit [MSnorthwest.org](http://MSnorthwest.org) and select [Volunteer/The Storybank](#).
7. **Find and connect with a Self Help Group in your area by visiting [selfhelpgroups.MSnorthwest.org](http://selfhelpgroups.MSnorthwest.org).** If you are interested in visiting the Self Help Group in your area to promote the Chapter, contact Lauren at [lauren.spero@nmss.org](mailto:lauren.spero@nmss.org). Or, if a Self Help Group does not currently exist in your community consider starting one! Email Gregg at [gregg.robinson@nmss.org](mailto:gregg.robinson@nmss.org) for more information on starting a Self Help Group.
8. **Interested in putting together your own MS education program in your community?** We can provide guidance, tips and help with promotion of your event! Contact Piper at [piper.reynolds@nmss.org](mailto:piper.reynolds@nmss.org) to learn more about the possibilities!
9. **Talk to your health professional** and encourage them to display National MS Society materials and to get connected with the Chapter. Contact Lauren at [lauren.spero@nmss.org](mailto:lauren.spero@nmss.org) to request posters and other display items.
10. **Reach out to your state and federal representatives and share your story** to let them know how legislation affects you and others in the MS community. Sign up for Action Alerts to stay informed of our Advocacy efforts at [MSnorthwest.org](http://MSnorthwest.org) and select [Advocacy](#).

11. **Invite a friend to coffee** and tell them about the National MS Society and your involvement with the Chapter!
12. **Bookmark the Chapter's Calendar of Events page** at [calendar.MSnorthwest.org](http://calendar.MSnorthwest.org) to keep track of upcoming Chapter activities.
13. **Do something to generate awareness** during **MS Awareness Week** (March 11-15) or for **World MS Day** on May 29.
14. **Visit [MSconnection.org](http://MSconnection.org)** and share with others whose lives are affected by MS.
15. **Join the NOW Research Revolution** and help the National MS Society reach its goal of raising \$250 million for MS research by the end of 2015. Become an MS Research Champion at [nationalMSSociety.org/research](http://nationalMSSociety.org/research).
16. **Become an advocate** for public policy issues affecting people living with MS. Visit [MSnorthwest.org](http://MSnorthwest.org) and click on [Advocacy](#) for more information.

## EVENTS YOU CAN ATTEND

1. Walk MS (spring) – walk, start a team or volunteer!
  - For dates and locations, visit: [walkMSnorthwest.org](http://walkMSnorthwest.org)
2. Bike MS (late summer/fall) – ride, start a team or volunteer!
  - For dates and locations, visit: [bikeMSnorthwest.org](http://bikeMSnorthwest.org)
3. Visit the Chapter's Calendar of Events page at [calendar.MSnorthwest.org](http://calendar.MSnorthwest.org) for more information on current programs happening in your community.