



National  
Multiple Sclerosis  
Society  
New Jersey  
Metro Chapter

### Tips for spreading the word on social media:

- Download our Bike MS or Walk MS app to make on-the-go fundraising super easy.
- Copy and paste the URL of your fundraising page right into your Facebook status update. Facebook automatically connects your link to your update. (You can even erase the text of the link ... your fundraising link will still stay!)
- Change your profile picture or cover photo to the event logo or a photo of yourself at the event last year!

Need help spreading the word on social media? Give our office a call at 732-660-1005, press option 2 and ask to speak to someone in the Development Department.

### Climb to the Top

**Fundraising for Twitter:** I'm taking on 33 flights, 822 steps to #endMS! Support me as I Climb to the Top. Every dollar helps! #climb33 *Include link to your fundraising page*

**Fundraising for Facebook:** I'm climbing for a cure to support life-saving programs & cutting-edge research for those affected by multiple sclerosis. Join my team as I Climb to the Top – 33 flights of stairs, 822 steps to make a difference! *Include link to your team page*

**Recruiting for Facebook:** Multiple sclerosis is an unpredictable, often disabling disease of the central nervous system. There are more than 13,000 people living with MS in NJ. More than 2.1 million worldwide. I'm climbing to end MS. Donate to make a difference today! *Include link to your fundraising page*

### Bike MS

**Fundraising for Twitter:** I'm taking on *x* miles to #endMS! Support me as I #BikeMS. Every dollar helps! #CoasttheCoast *Include link to your fundraising page*

**Fundraising for Facebook:** Bike MS is more than just a ride – it's a community coming together to put an end to multiple sclerosis. I'm looking to make a difference in the lives of those affected by MS. Join my team to support life-saving programs & cutting-edge research! *Include link to your team page*

**Recruiting for Facebook:** Multiple sclerosis is an unpredictable, often disabling disease of the central nervous system. There are more than 13,000 people living with MS in NJ. More than 2.1 million worldwide. I'm cycling to end MS. Donate to make a difference today! *Include link to your fundraising page*

## Walk MS

**Fundraising for Twitter:** I'm walking toward a world free of #MS! Support my efforts to #end MS! #WalkMS *Include link to your fundraising page*

**Fundraising for Facebook:** Multiple sclerosis is an unpredictable, often disabling disease of the central nervous system. There are more than 13,000 people living with MS in NJ. More than 2.1 million worldwide. I'm walking to end MS. Donate to make a difference today! *Include link to your fundraising page*

**Recruiting for Facebook:** Last year, more than 330,000 people walked toward a world free of MS – and raised more than \$50 million! Join my team this year as I walk to support life-saving programs & cutting-edge research for all those affected by MS. *Include link to your team page*