

WE CHALLENGEMS

JOIN THE VIRTUAL MOVEMENT



Achieving a world free of multiple sclerosis takes more than one person, and there isn't just one way to accomplish it. When we work together, every action brings us closer to this future. Whether you choose to create, stream, write, game, craft, walk, share, cycle, bake, run – however you decide to challenge MS, know #WeChallengeMS together.



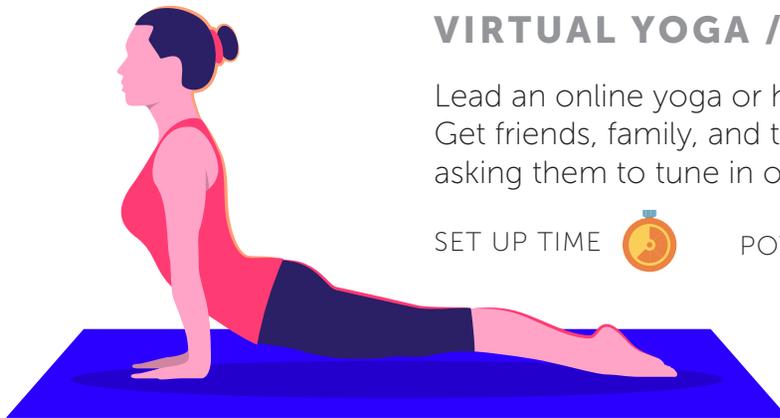


STREAM YOUR HOBBY

Whether you choose to play video games on Twitch, live stream a music or comedy set, facilitate an online tutorial, or create YouTube content, ask your virtual community to tune in and support people affected by MS.

SET UP TIME 

POTENTIAL \$ 

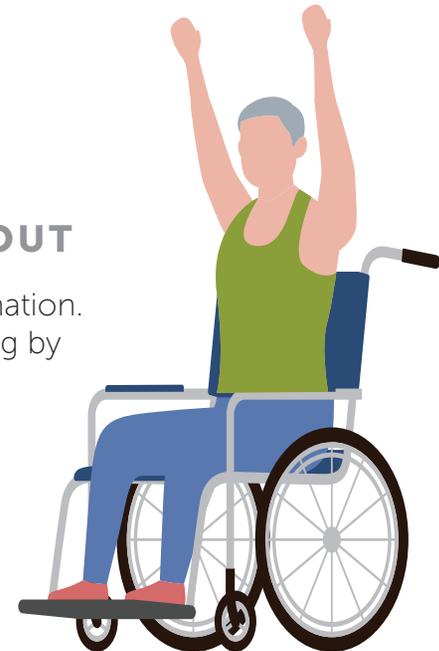


VIRTUAL YOGA / HOME WORKOUT

Lead an online yoga or home workout by donation. Get friends, family, and the community moving by asking them to tune in online.

SET UP TIME 

POTENTIAL \$ 



The MS Society of Canada does not endorse games of chance or involving alcohol for related fundraising.

Please ensure you following your provincial liquor and gaming regulations to ensure your activity is legal and proceeds can be directed to the MS Society of Canada.



VIRTUAL COOKING / BAKING

Have your cake and eat it too! Get your friends, family, or colleagues to donate and tune into a live stream to learn your signature recipe. The more the merrier! Better yet, why not turn it into a virtual dinner party? After cooking together virtually, take the time to enjoy your recipe with your loved ones online from the comfort of your own home.

SET UP TIME  POTENTIAL \$ 



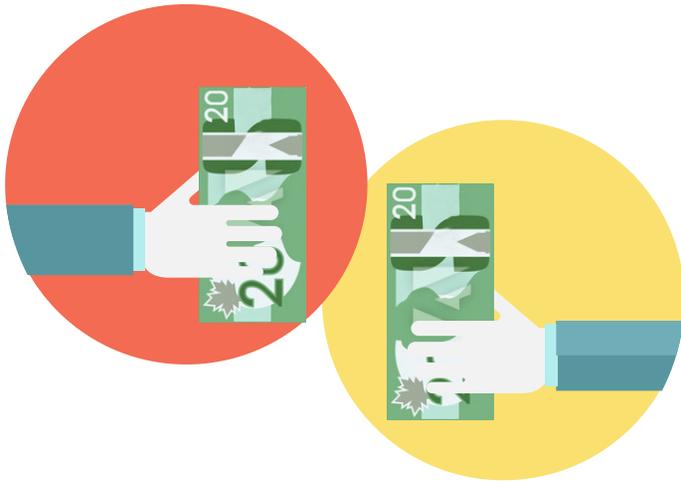
FACEBOOK FUNDRAISER

Turn your social media into how you challenge MS. It takes less than 5 minutes to share your story and explain why a world free of MS is important to you, while asking your Facebook friends to donate. Maybe even consider asking people to donate in honour of your birthday!

SET UP TIME  POTENTIAL \$ 

The MS Society of Canada does not endorse games of chance or involving alcohol for related fundraising.

Please ensure you following your provincial liquor and gaming regulations to ensure your activity is legal and proceeds can be directed to the MS Society of Canada.



MATCHING FUNDS

Approach your employer and ask if the company would match the donations you raise, effectively doubling your fundraising.

SET UP TIME  POTENTIAL \$ 



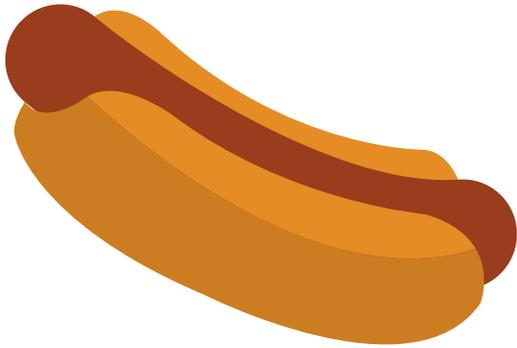
VIRTUAL SWEAR JAR

Create a #WeChallengeMS fundraiser that family members have to contribute to when they swear. Alternatively, you can change it up. For example, you could have coworkers add to the jar if they are late to a meeting. At home, you can have family members contribute when they don't complete their chores.

SET UP TIME  POTENTIAL \$ 

The MS Society of Canada does not endorse games of chance or involving alcohol for related fundraising.

Please ensure you following your provincial liquor and gaming regulations to ensure your activity is legal and proceeds can be directed to the MS Society of Canada.



FUNDRAISING LEVEL CHALLENGE

Think of something you would be willing to do and that would get people excited (shave your longstanding beard, do a polar bear swim, dress like a hot dog, wax a body part etc). Then, come up with levels within that category based on how much people raise (eg. For \$200, dress like a hot dog. For \$500, dress like a hot dog and cook hotdogs for everyone for lunch. For \$1000, let people squirt ketchup and mustard all over you.) Live stream this activity or share your challenge on social media using the hashtag #WeChallengeMS.

SET UP TIME  POTENTIAL \$ 



GOLF-A-THON

Head out to your local golf course and challenge yourself to golf as many holes or rounds as you can while maintaining physical distancing. Do you golf regularly with a group? Put it out to others in your group to do the same as a challenge? Ask friends and family to pledge you for every hole or round you complete.

SET UP TIME  POTENTIAL \$ 

The MS Society of Canada does not endorse games of chance or involving alcohol for related fundraising.

Please ensure you following your provincial liquor and gaming regulations to ensure your activity is legal and proceeds can be directed to the MS Society of Canada.



VIRTUAL WINE NIGHT

Invite your friends and family for a night of virtual socialization for a good cause! Set a buy-in fee, and kick back with your loved ones as you enjoy a glass of wine and support Canadians living with MS.

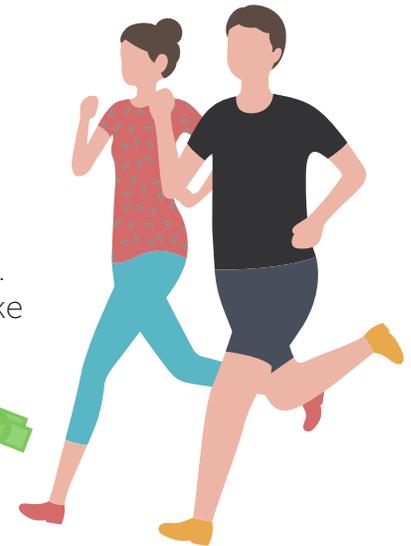
SET UP TIME  POTENTIAL \$ 



KILOMETRE CHALLENGE

Turn your walk, run or bike ride into how you challenge MS. Give yourself a goal and share with your network as you take on a physical challenge.

SET UP TIME  POTENTIAL \$ 



The MS Society of Canada does not endorse games of chance or involving alcohol for related fundraising.

Please ensure you following your provincial liquor and gaming regulations to ensure your activity is legal and proceeds can be directed to the MS Society of Canada.



ONLINE AUCTION

Start a virtual silent auction. Reach out to your contacts, local businesses, or restaurants, and ask if they will donate to your silent auction. Take photos of your items and set up on a virtual platform so your friends, family, and coworkers can all see and make their bids. Let the auction run for a week or less.

SET UP TIME  POTENTIAL \$ 



DONATE YOUR BIRTHDAY

Through the Facebook fundraiser, users can choose the charity as their special birthday treat. If you have a child who wants to donate their birthday, check out our partner Echoage.

SET UP TIME  POTENTIAL \$ 

The MS Society of Canada does not endorse games of chance or involving alcohol for related fundraising.

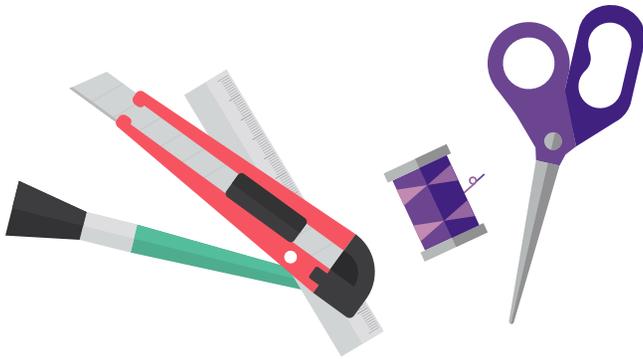
Please ensure you following your provincial liquor and gaming regulations to ensure your activity is legal and proceeds can be directed to the MS Society of Canada.



HOST A VIRTUAL PARTY

Turn your group hangout into how you and your squad challenge MS. Whether you play digital games, host a virtual trivia night, or enjoy a birthday celebration, have fun with your friends as you support Canadians living with MS.

SET UP TIME  POTENTIAL \$ 



CREATE

Turn the thing you create into how you challenge MS. If you're a musician, artist, designer, baker, or any other creative profession, share your skills with your community and inspire action.

SET UP TIME  POTENTIAL \$ 

The MS Society of Canada does not endorse games of chance or involving alcohol for related fundraising.

Please ensure you following your provincial liquor and gaming regulations to ensure your activity is legal and proceeds can be directed to the MS Society of Canada.