

# # WE CHALLENGE MS

## SAMPLE SOCIAL MEDIA POSTS

### Personal fundraisers:

- Being a part of the #MSWalk is an annual tradition for my team **[INSERT TEAM NAME HERE]** and this #MSAwareness Month is no different. On May 24, join us as #WeChallengeMS together and turn our ordinary @MSSocietyCanada walk into an extraordinary action! Support my team: [INSERT LINK TO VIRTUAL WALK PAGE](#)
- I'm joining @MSSocietyCanada's #WeChallengeMS nationwide movement by **[INSERT WHAT YOUR HOBBY IS - e.g. running]** to raise awareness for MS and turning my hobby into an extraordinary act. All you have to do is visit the link below to see how you too can challenge MS on May 24! **[INSERT LINK]**
- Did you know that on average, 11 Canadians are diagnosed with MS every day? With just a click of a button, you can make a difference this #MSAwarenessMonth by donating to my Facebook fundraiser. Let's unite in a virtual movement on **[INSERT DATE]** as #WeChallengeMS. **[LINK TO FACEBOOK FUNDRAISER]**

### WeChallengeMS:

- For #MSAwarenessMonth, I am supporting the nationwide movement as #WeChallengeMS together to achieve a world free of MS. Take part and rally virtually with the MS community on May 24! <https://bit.ly/2WcvgO>
- Coming together as a community is more important than ever before. Support the MS community this #MSAwarenessMonth by hosting a virtual fundraiser and join us as #WeChallengeMS together: <https://bit.ly/2WcvgO>.
- This #MSAwarenessMonth, I Challenge MS becomes #WeChallengeMS, a nationwide virtual movement turning ordinary hobbies into extraordinary actions. Show your support for the MS community by hosting virtual fundraisers and help bring us closer to a world free of MS: <https://bit.ly/2WcvgO>.
- For Canadians affected by MS, the #COVID19 crisis is an additional concern on top of a challenging disease. Join the movement to support the MS community by participating in #WeChallengeMS, a virtual way to turn ordinary hobbies into extraordinary actions: <https://bit.ly/2WcvgO>.

- Achieving a world free of MS takes more than one person. By supporting each other and mobilizing as a community, #WeChallengeMS together. Join the movement by hosting virtual fundraisers and participating in a nationwide virtual MS Walk on May 24: <https://bit.ly/2WcvlgO>.
- There are many ways to achieve a world free of MS. Whether you stream, walk, or bake, join me in turning your ordinary hobby into an extraordinary action. This #MSAwarenessMonth, join the MS community as #WeChallengeMS together: <https://bit.ly/2WcvlgO>.
- During this health crisis, Canadians affected by MS are in more need of resources, information and support programs than ever. Show your support for the MS community by hosting your own virtual fundraisers and join us as #WeChallengeMS together: <https://bit.ly/2WcvlgO>.

#### **Virtual Walk:**

- Participating in MS Walk is an annual tradition for many. On May 24, join the virtual nationwide MS Walk and help us as #WeChallengeMS together. Turn an ordinary walk around the neighbourhood into an extraordinary action and support the MS community: <https://bit.ly/2yNkYxk>