

WE CHALLENGEMS

HOW CAN I SHARE MY PERSONAL STORY?

#WeChallengeMS sample post

[Insert individual story here]

Example: I was diagnosed with MS in 2017 at the age of 20. I experienced numbness on the left side of my body and optic neuritis in my right eye, which led to my diagnosis. Today, I experience constant fatigue, which sometimes makes me feel as though I haven't had an ounce of sleep. I'm in a much better mindset now than when I was first diagnosed, but I still struggle with the uncertainty of the disease, particularly during a crisis such as this.

For me, COVID-19 has been another unpredictable concern on top of an already challenging disease. While we can't gather in-person to show our support for those affected by MS, we can still act. The need for information, resources and support programs for people affected by MS is as urgent and critical as ever.

That's why I'm hosting my own virtual fundraiser called **[insert name]**!

[Insert fundraiser info]

Example 1: I am joining the nationwide movement by hosting a virtual game night with my friends. The buy-in will be x dollars, and all proceeds will support Canadians affected by MS.

*Example 2: I am joining the nationwide movement by walking with my mom, and my Walk team (**Team Name**) on May 24. We will be using Zoom to stay connected as a team as we walk together in our own neighbourhoods.*

Friends and family, I am personally asking you to support me as I join #WeChallengeMS, a nationwide virtual movement where people can turn their ordinary hobbies into extraordinary actions. Whether it's supporting my personal fundraiser, starting your own, or helping to spread the word, a little support can go a long way.

On May 24, I will also be joining the rest of the MS community as I post a picture of myself getting involved using the hashtag #WeChallengeMS. Please join me in helping the MS community get one step closer to a world free of MS. Check out my fundraiser here: **[link to fundraiser]**.