

#WECHALLENGEMS

FUNDRAISING IDEAS FOR FRIENDS AND FAMILY



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 



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  



USE FACEBOOK FUNDRAISING

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 



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 