August is ALS Advocacy Action Month

8 Ways to Make a Change

**Become an Advocate**
Sign up to become an ALS Advocate at als.org/advocate

**Call your Representative**
Call your Member’s district office and let them know why increasing ALS research funding is important to you.

**Sign up for Text Alerts**
Text “ALS” to 855-469-2621 to receive Advocacy text alerts.

**Write a Letter to the Editor**
Write to news outlets to engage your community on increasing ALS research funding.

**Stop by your District Office**
Drop-by and deliver information about ALS research funding to your Member of Congress.

**Send a Letter**
Personalize our ALS funding research letter and send it to your Member of Congress.

**Use Social Media**
Tweet your Member of Congress and ask them to increase ALS research funding.

**Share your ALS Story**
Record your ALS story and share why increasing funding for ALS research is important to you.

Learn more at als.org/advocacy