

# August is ALS Advocacy Action Month



ADVOCACY  
ACTION  
MONTH

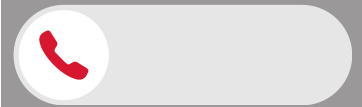
## 8 Ways to Make a Change

### Become an Advocate



Sign up to become an  
ALS advocate at  
[als.org/advocate](http://als.org/advocate)

### Call your Members of Congress



Call your Member's  
district offices to  
urge them to take  
the Ice Bucket  
Challenge and  
support increasing  
ALS research  
funding.

### Sign up for Text Alerts



Text "ALS" to 855-469-2621  
to receive Advocacy text  
alerts.

### Register to Vote!



Register and plan to vote  
in whatever way is best for  
you on or before Nov. 5.

### Stop by your District Office



Visit your Member's district  
office to deliver information  
about increasing ALS  
research funding.



### Share your ALS Story

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

### Send a Letter



Urge your lawmakers to take  
the Ice Bucket Challenge  
and personalize our ALS  
research funding letter to  
your Members of Congress.

### Use Social Media



Post at your Members of  
Congress to take the Ice  
Bucket Challenge and ask  
them to support increasing  
ALS research funding.

Learn more at [als.org/august](http://als.org/august)