

August is ALS Advocacy Action Month

ALS
ASSOCIATION

ADVOCACY
ACTION
MONTH

8 Ways to Make a Change

Become an Advocate



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

Sign up for Text Alerts



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

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.

Write a Letter to the Editor



Write to news outlets to
engage your community
on increasing ALS research
funding.

Use Social Media



Tweet your Member of
Congress and ask them
to increase ALS research
funding.



Call your Representative

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



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