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# THANK YOU FOR HELPING ME WALK AGAIN

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HELP KEEP <NUMBER> PEOPLE IN OUR AREA MOVING!

<Name>  
<Address>  
<City>, <State> <ZIP>

Dear <First Name>,

I've had MS for 36 years and been in a wheelchair for the last 17. But at Walk MS on April 21, I WALKED a mile. To hear the crowd cheering, the band, the cowbells, I never dreamed it could be such a phenomenal thing. It was wonderful to get all those hugs. When you're in a wheelchair people are kind of stand-offish and don't reach down to hug you, there is kind of a barrier around you. So it's pretty cool standing up.



I didn't start walking overnight. I was encouraged to take an adaptive yoga class and the National MS Society helped pay for my transportation to and from class. After a year and a half of yoga and some therapy, I walked 12 feet in June – and now I've walked my first mile!

I certainly didn't do it alone as it took a village to get me back walking with my yoga instructors, therapists, the MS Society, and inspiration from friends and family. It also takes a village to fund the research, programs and services that the Chapter does.

I hope your Walk MS experience was special as well. Please keep in mind that there is cost associated with Walk MS and if you haven't made a donation, please make a gift of \$25, \$50 or \$100 today online or use the enclosed envelope. It's also not too late to ask your family and friends to support you. Tell them about your experience at Walk MS and ask for a donation.

Every little bit counts, I started walking 12 feet and now I'm up to a mile.

Thank you for walking, and please help us reach our goal and help support wellness programs that helped me get out of the wheelchair.

Thank you for joining the movement,

Sharon

P.S. Remember \$125 raised or donated gets you a Walk MS t-shirt and the pledge deadline is May 31.

FUNDRAISING DEADLINE IS <DATE>!

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Mail pledges to <Chapter Mailing Address>  
<chapterwebsite.org> or 1-800-344-4867