



MARCH in my SHOES

March 2015 Multiple Sclerosis Education and Awareness Month

Veterans Affairs Multiple Sclerosis Centers of Excellence encourage Veterans with MS, their families, VA healthcare providers, and community organizations to raise MS awareness by getting connected and involved. Making a connection can help people expand their MS knowledge, eliminate fears, and encourage support.

GET INVOLVED...

- **Distribute MS materials:** Ask MS organizations like the National MS Society, MS Association of America, and MS Foundation for free materials to distribute to colleagues, family/friends, local businesses, and communities.
- **Volunteer your time to help others:** Opportunities available for people of all ability levels, skill sets, and career backgrounds.
- **Raise community awareness:** At events like *Walk or Bike MS*.
- **Join a MS Support Group:** At your local VA medical center, community center, or join an online support group like *MSWorld*.
- **Create public announcements:** Ask your local VA Public Affairs Department to recognize March as MS Awareness Month.
- **Conduct a Facebook and Twitter campaign:** Ask your colleagues and friends to dedicate their status or profile picture to the cause of MS awareness.
- **Visit VA MS website for more information:** www.va.gov/ms

AS VETERANS MARCH THROUGH THEIR MS JOURNEY...

- Take an active role in managing your health
- Support others with MS