

Health Bulletin



It's Time To Move It To End MS

(NAPSA)—There's encouraging news for people with multiple sclerosis (MS), a disease of the central nervous system with which someone is newly diagnosed each hour of the day.

MS research has reached a watershed year, with more than a dozen therapies moving through the pipeline that hold promise of new and improved treatments for the disease. But there is so much more that needs to be done to achieve a world free of MS. That makes the commitment to advance MS research even more important—and there are many ways in which you can help.

One easy way is to volunteer to help raise funds and awareness. The new administration has introduced a “Renew America Together” initiative calling all Americans to serve their communities by volunteering.

From the National MS Society's Web site, you can find various ways to build the MS movement. Whether you volunteer, bike, walk, advocate, educate or support, every action is a unique way to serve and demonstrate your commitment. It also helps motivate the potential millions of people who want to—and can—do something about MS now.

MS Awareness Week, from March 2 to 8, is a great time to get



Whether you volunteer, bike, walk, educate or support the cause, there are many ways in which you can help find a cure for MS.

started and “Move It to end MS.”

Congress has supported the goals and ideals of the week with a congressional resolution.

To find out ways in which you can serve and encourage others to do so, visit NationalMSSociety.org.

You can even find out how you can share your own video story, download Web banners, sign up to participate in or volunteer for Walk MS or Bike MS, or locate a special event offered by a chapter near you.

Progress can't wait. You can Move It during MS Awareness Week and throughout the year to come.