



A Personal Call to Action

ENGAGING WITH MY COMMUNITY

Everyone has their own idea of their best life. By using this plan, you can identify those action steps you want to take to create your own best life.

Check all that apply Using this action plan, I will...	Questions or ideas I have...
<input type="checkbox"/> Stay connected. Volunteer with the National MS Society or other organizations that are important to me. I will ask others in my support community to join in.*	
<input type="checkbox"/> Join others who want to make a difference. Become an MS Activist.**	
<input type="checkbox"/> Engage with others around a hobby or interest I enjoy.	
<input type="checkbox"/> Identify new ways to stay connected with family and friends.	
<input type="checkbox"/> Start a team and join Walk MS. To learn more visit walkms.org or call 1-800-344-4867.	
<input type="checkbox"/> Visit MSconnection.org and join in on the conversation. Join or start a new group based on my interests.	
<input type="checkbox"/> Contact an MS Navigator at 1-800-344-4867 to learn more about how I can network and connect with others in the MS community.	
<input type="checkbox"/> Others:	

*Learn more at nationalMSSociety.org/Get-Involved/Volunteer or call 1-800-344-4867.

** Visit nationalMSSociety.org/Get-Involved/Advocate-for-Change or call 1-800-344-4867 to learn how.