FUNDRAISING IDEAS CONTINUED...

Carnation Day
Everyone loves to receive flowers and it can be very uplifting to know that someone is thinking of you. Have a carnation day on Valentine's Day or Sweetest Day as your next fundraiser.

Dress Down Day
Participating in MS Awareness Dress Down Day is simple.
- You choose the date
- You set the donation level (e.g., $7, $5, $3)
- We provide stickers along with customized flyers and in a format for emailing
- Your school will be recognized on our website as a Dress Down Day participant
- Your school will receive a Certificate of Appreciation

Dunk Tank
Who doesn't like the thrilling satisfaction of throwing a softball as hard as they can to dunk someone in a tank of water? Its fun and a great way to raise money anywhere, especially during the summer. If your group already owns a dunk tank you've used at other events such as fairs and carnivals, you're all set.

Face Painting
Children love to have their face painted. This is a popular activity at carnivals and fairs. Set up a face painting booth at your next craft show or fair.

How Many in That Jar?
You will need your best guessing skills for this fundraiser. This fundraiser is very simple to run and requires very little equipment. You will need a large jar or clear box and something to fill it with.

Hugs and Kisses
This is a great fundraiser to run around the romantic holidays (Valentine's Day, Sweetest Day, etc) or at the end of the school year for farewells. Package Hershey's hugs and kisses candies (the little foil wrapped chocolates) in pretty cellophane bags with a blank note card.

Wacky Hat Day
For a one or two dollar donation, allow people to wear a wacky hat for the day. Collect money first thing in the morning and give participants a special hand stamp or sticker to show they have paid their fee. Have a "create your own wacky hat" station for those who would like to participate but didn't bring one of their own.

CONTACT US

Contact the MS Walk team at 954-731-4224 or mswalk@fls.nmss.org, we are more than happy to help you! Request MS Walk materials such as posters, brochures, walker shoes as well as literature on multiple sclerosis and the National Multiple Sclerosis Society programs.

walk MS

How Do I Get My School Involved?

JOIN US TO CREATE A WORLD FREE OF MS!

WHAT IS THE MS WALK?

One of the largest walk events in the nation, the MS Walk takes place each year in over 400 cities across the United States. The 22nd annual South Florida MS Walk offers seven walk locations: Aventura, Boca Raton, Coral Gables, Fort Lauderdale, Lee County, Naples and The Palm Beaches. We also have a Virtual MS Walk where participants can determine their own distance and location.

Your involvement and commitment to the society will help over 6,000 people with MS and their families in the South Florida Chapter area. The MS Walk is one of the South Florida Chapter's largest fundraisers, raising close to $700,000 in 2011. These much needed dollars fund research into the cause and treatment of MS and are critical to continue the persistent search for a cure. Your support enables the Society to raise funds that underwrite important research, expand programs and services for people living with MS.

WHAT IS MS?

Multiple Sclerosis is a chronic, unpredictable, neurological disease. MS can cause blurred vision, loss of balance, poor condition, slurred speech, tremors, numbness, extreme fatigue, problems with memory and concentration, paralysis and blindness. These problems may be permanent, or they may come and go.

Most people with MS are diagnosed between the ages of 15 and 50. The unpredictable physical and emotional effects continue the rest of their lives. The progress, severity and specific symptoms of MS in any one person cannot be predicted, but new treatments and advances in research offer hope to everyone affected by the disease.

JOIN US TO CREATE A WORLD FREE OF MS!

Every step. Every person. Every second spent and dollar raised. They all add up to an experience unlike any other: MS Walk. This is our time to unite and stand strong.

TOGETHER WE WILL CHANGE LIVES.

02.25.12	03.11.12
Fort Myers	**Boca Raton**
Naples	
02.26.12	03.25.12
Fort Lauderdale	**Aventura**
Palm Beach	**Coral Gables**

For more information visit www.mswalksouthflorida.org

WHAT CAN MY SCHOOL DO?

1. Form a Walk Team
What better way to experience the MS Walk than to participate with your second family, your school? Get started by forming a team consisting of teachers, administrators, staff, students, family, friends and everyone else you know! It's not complicated all you need are four or more people, a team name and a captain. Once you've done that, you're ready to register your team for the MS Walk and start collecting pledges. We do not have a registration fee but we do ask each walker to fundraise a minimum of $50 ($25 for 17 and under).

2. Fundraise
Why do we fundraise for the MS Walk? Because we care and support the mission to help end the devastating effects of multiple sclerosis! Funds received from donations and events, like the MS Walk, supports advocacy, research, local programs and services that enhance the quality of life for people with multiple sclerosis and their families.

3. Participate in the walk
Come out to the walk event with your school colors and showing your school spirit. This is a great day for your school to join the community in having a world free of MS. Have your team photo taken on walk day. Don't forget to capture how much fun you had. Make sure to hang your team photo in a visible area to remind you what a great job your team did!

FUNDRAISING IDEAS

Raising money may seem a little scary and overwhelming at first, but you can do it! Here are some great fundraising ideas to help get you started!

Food/Beverage sales
Baked goods, donuts, bagels, breakfast burritos, hot dogs, pizza, or ice cream.

Car Wash
This is one of the most used and recognizable fundraisers. Charge a set amount for a car wash, or accept donations. You may earn more by leaving it up to each individual. You can use your school, gas station, or a busy main road as a location.