



MS Awareness Week March 8 – 14

Mark your calendars and get ready to *Move it* closer to a world free of MS!

March 8 – 14 is MS Awareness Week and is a great opportunity to spread the word and raise awareness for Multiple Sclerosis.

This year's theme is *Move it!* It's all about encouraging people to move it to end MS – whether you volunteer, bike, walk, advocate, educate, support – every action is a demonstration of your commitment to the MS movement and helps to motivate the potentially millions of people who want to, and can, do something about MS Now!

Move it! with us at these following events:

March 8 – MONDAY

- Reach out to Friends and Family and let them know that it's MS Awareness Week! (send e-mails, write letters, make phone calls, text, post messages on Facebook, MySpace & Twitter)
- Kick off for “Mondays at the Capitol” – MS Activists can meet at the Capitol at 10 a.m. for the first round of introductions to legislators.

March 9 – TUESDAY

- Visit the staff of the Oklahoma Chapter – come to Tulsa and Oklahoma City offices and visit with us from 9 a.m. to 5 p.m.

March 10 – WEDNESDAY

- Move It! to the Streets of Downtown Tulsa – Visit us from 11 a.m. to 2 p.m. at the Main Mall at 5th and Main St. (around Bartlett Square) – We will be creating awareness of Multiple Sclerosis through posters, handouts, activities and making lots of noise! Musical performance by The London Squares band.
- Move It! to the Streets of Downtown Oklahoma City – Visit us from 11 a.m. to 2 p.m. at the Leadership Square Lobby (211 N. Robinson) – We will be creating awareness of MS through posters, handouts and activities.

March 11 – THURSDAY

- Salon Day – “Makeover My MS” – Nominated people with MS and Caregivers will be treated to mini-makeovers at Clary Sage College in Tulsa. Selection deadline is Feb. 12, 2010.
- Join us for MS Dinner Night – 5:30 p.m. to 8:00 p.m.
 - Tulsa – Mexicali Border in downtown Tulsa (14 West Brady Street) – 10% of the proceeds will benefit the National MS Society
- See MS in lights on the BOK Tower in downtown Tulsa (lights will turn on at dusk)

March 12 – FRIDAY

- Wear your Orange TODAY – let people know you support MS (also, wear your Walk/Bike shirts and jerseys)

March 13 – SATURDAY

- MS Awareness Week Wrap-Up Party! - Calling ALL volunteers! Join others who have a connection to MS and help us spell out the letters MS and take a Photograph from above. Be sure to wear an **orange** t-shirt. Event will be held at the old Drillers Stadium (15th & Yale) in Tulsa from 9:30 a.m. to 11:30 a.m. Tailgating party in the parking lot with musical performance by the The London Squares band.

Additional MS Dinner Nights will be held on the following days at these locations - ALL restaurants will donate 10% of the dinner proceeds to the Oklahoma Chapter (Be sure to say you are with the MS Society when ordering):

- Stillwater – March 9th at Chili’s Restaurant (310 E. Hall of Fame Ave.) from 5:00 p.m. – 11:00 p.m.
- McAlester – March 9th at Chili’s Restaurant (617 S George Nigh Expy.) – All day long
- Lawton – March 10th at Fishermen’s Cove (6 Wildwood, Lawton, OK) from 4:00 p.m. – 8:30 p.m. * Restaurant owners have a personal connection to MS.
- Oklahoma City – March 12th at Johnnie’s Charcoal Broiler (2652 W. Britton Rd) – ALL day long!

Additional MS Awareness Activities coming up....

March 23 –

- Be an MS Activist at the State Capitol in Oklahoma City – Meet Chapter staff at the 2nd floor Rotunda at 10:00am to serve lunch to the legislators, shake hands, hand out information and share your story. Attend the House and Senate sessions to hear the resolution read that declares March as MS Awareness Month. Please contact Candace Richerson for more information and to confirm attendance at 1-405-488-1300.

March 25 -

- MS Style Movement – Shoe fashion show at the Glass Slipper (81st & Lewis) in Tulsa from 7:00 p.m. to 9:00 p.m.

Visit the Oklahoma Chapter Web site at www.nationalMSsociety.org/ok for more ideas on how to ***Move it!*** in your own community. Or call 1-800-FIGHT MS (800-344-4867), option 2.

Follow us on Facebook & Twitter for daily updates.

Share with us “***Where in the world did you wear your MS t-shirt?***” Go to the Chapter Web site for more information.

Contact your Oklahoma Chapter to request your **Make Your Mark Toolkit** today and start planning awareness events in your area!

Move it, Move it!.....during MS Awareness Week 2010!