



Tuesday December 3, 2024

SUPPORTER ACTION GUIDE



EVERY 90 MINUTES, HELP RAISE ALS AWARENESS

Every 90 minutes someone is diagnosed and someone passes away from it. Share facts about ALS **in 90 minute intervals on your social media channels.**



MAKE A VIDEO

Share your "why" - your personal reasons for driving the discovery of prevention strategies, treatments, and cures. **Create and post a video** about your involvement in the fight to end ALS.



RECRUIT YOUR FRIENDS

Ask **three friends** to donate or match your Giving Tuesday gift. Let them know that all gifts made on Giving Tuesday will be matched up to \$50,000 by a generous donor.



MAKE A TRIBUTE GIFT

Give in **honor or memory of a loved one**, or in celebration of a special occasion. Or create a **Tribute Fund!**



SEND AN EMAIL

Reach out to your friends, family and colleagues **with an email** and ask them to support our ALS community and the ALS Network.



LIKE AND SHARE THE ALS NETWORK'S GIVING TUESDAY POSTS

Please share our Giving Tuesday posts on your social pages! Use the tag **@YourALSNetwork** and the hashtags **#OurALSCommunity** and **#GivingTuesday!**



GET CREATIVE

There are all sorts of ways to participate in this global day of giving - just email us at **social.media@alsnetwork.org** and we'll help you brainstorm!



GIFTS OF APPRECIATED STOCK

Donating **appreciated securities** is an easy and tax-effective way for you to make a gift. Avoid paying capital gains tax on the sale and benefit from a charitable income tax deduction.



WEBSITE: alsnetwork.org

DONATE: donate.alsnetwork.org

FACEBOOK: facebook.com/youralsnetwork

INSTAGRAM: instagram.com/youralsnetwork

X/TWITTER: x.com/youralsnetwork

LINKEDIN: linkedin.com/company/youralsnetwork



For more information on how you can take part in Giving Tuesday and support families with ALS, please contact us at social.media@alsnetwork.org