



National
Multiple Sclerosis
Society
Oregon Chapter

Suggested uses for Walk MS Feet

- Approach a local business (coffee shop, grocery store, boutique, etc.) and ask them to sell feet for a suggested donation amount. Collected funds can be donated to your Walk MS team.
- Start a competition at your work place! Sell feet for a suggested donation amount and encourage colleagues to pin up feet in their offices, cubicles or on their desk.
- Use them as tickets when raffling off a prize. Don't forget to number them!
- Give them away as a token of appreciation to donors or teammates.

Download printable [Walk MS Feet](#) and get started today!

Questions? Contact your friendly Walk MS Teams Staff at
Robyn.Hoppes@nmss.org or (503) 445-8342

