



Get In. We're Ending ALS

“None of us knows what tomorrow will bring, but I know this: we will fight, we will make a difference and we will end ALS, together.” - Brian Wallach, I AM ALS Co-Founder

What We're Up To

Our Co-Founders, Brian Wallach and Sandra Abrevaya and the ALS movement were featured in an amazing segment on CBS Sunday Morning this week! [Click here](#) to watch.

Advocacy 101

Attend this training hosted by the Legislative Affairs Team to learn how to advocate for ALS.

LEVEL UP
YOUR
ADVOCACY

COMMUNITY UPDATES



Community Outreach Team

This team is exploring TikTok as a way to get the word out about ALS. Want to get inspiration and make your own ALS-inspired TikToks? Join the team [here](#).



Legislative Affairs Team

This team is hard at work getting Senators to cosponsor ACT for ALS. Reach out to your Senators using our form [here](#) or download How to Be

an ACT for ALS Advocate [here](#).



Many Shades of ALS Team

The team is working on a mental health series, starting with the feelings around getting an initial ALS diagnosis. Keep an eye out for it on social media.



Thank You Squad

The CBS Sunday Morning piece inspired donations aplenty and this team stepped up in a major way to send cards. Thank you, squad!



Meet Garrett: Garrett is a valued member of our Veterans Affairs Team and regularly attends our I AM ALS social hours. He's also a veteran who served in both Iraq and Afghanistan. Garrett is a force to be reckoned with, and we're lucky to have him in our corner on the journey to end ALS.

WHAT'S COMING UP?

Legislative Advocacy Training

Always wanted to use your voice to drive change but not sure where to start? On Thursday, July 22nd at 4:30pm ET, join fellow I AM ALS advocates for an introductory crash course on ALS legislative advocacy. You'll learn about the legislative process, tips for developing relationships with elected officials, how to "make the ask" and more.

[Register](#)

I AM ALS Social Hour

Even revolutionaries need to let their hair down and relax. If you want to

chill on video and get to know others within the movement, sign up for I AM ALS' digital social hour. This event takes place every Tuesday from 4-5 p.m. EST. Like all I AM ALS events, the agenda is set by the community! So come hangout with us and bring your ideas!

[Register](#)

ALSWarrior Virtual 5K

Join ALSWarrior for its 2nd virtual 5K run to help raise funds for ALS research at the ALS Therapy Development Institute.

[Register](#)

[SEE ALL EVENTS](#)



I AM ALS is a patient-led community that provides critical support and resources to patients, caregivers and loved ones. It empowers advocates to raise awareness and lead the revolution against ALS in driving the development of cures. Learn more at iamals.org.

I AM ALS



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