



MS Ambassador: Ways to Engage

Ways to Engage in Your Community

Below is a list of possible ways to engage as an MS Ambassador in your community. Opportunities are not limited to this list. If you need additional information or support regarding opportunities in your community, please email MSAmbassador@nmss.org.

Potential MS Ambassador opportunities

- Provide information to local organizations looking to share resources related to MS.
- Engage companies looking for opportunities to fundraise, volunteer and attend events.
- Identify local prospects to build awareness and present content about the National MS Society.
- Identify virtual meeting and awareness building opportunities.
- Present at lunch and learn meetings that take place at corporations or organizations.
 - These may be informative training sessions or health awareness presentations.
- Connect with company philanthropy or employee engagement departments to see if they host volunteer days, community days or awareness days.
- Build relationships with community agencies that may want to partner in supporting people living with MS.
- Partner with local businesses to have them join the movement.
- Utilize social media to engage your community and build awareness with media tools and resources.
- Connect with local schools and universities to deepen engagement with the National MS Society.
- Schedule a time to connect with a community leader and build awareness around MS.
- Attend or consider hosting Society [Do It Yourself](#) (DIY) events to spread deeper awareness.
- Attend Society events and engage with participants and volunteers.
- Support local volunteer leadership roles or speaking requests on behalf of the National MS Society.
- Get involved with the Society's ongoing Advocacy initiatives.
- Engage with and work alongside people affected by MS within your community.
- Create local opportunities while finding fun and creative ways to celebrate MS awareness.
- And more!

Please note:

Some of the opportunities above may require staff support or additional training and guidelines. Please reach out to MSAmbassador@nmss.org to learn more if you are planning on hosting an activity in your community or looking to get involved in other ways.