



## Suggested Social Media Messages for the ALS Quebec Walks

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Feel free to adapt these messages, shorten them, or personalize them to reflect your motivation and your story.

### Start of the journey: Join me / Thank you for your support

I have registered for the ALS Quebec Walk in [city] on [date], Quebec's largest ALS fundraiser, bringing the province's ALS community together in a visible, collective act of support.

*[If you wish, add your story and who and what reason you're walking for]*

- I am walking in honour of [the person living with ALS name], support them and fuel hope for the future.
- I am walking in memory of [the person who lived with ALS name], to honour them and celebrate the strength, love, and memories they leave behind.
- I am walking to support families facing these difficult realities and reaffirm that no one faces ALS alone.
- I am walking to support research and help advance science through the funds raised for the ALS Quebec Research Fund.

👉 Help me support Quebec families affected by ALS by making a donation in my name or to my team: *[Insert your fundraising page link here]*

👉 You can join me / my team:

For full details and to register: [Web site | ALS Quebec Walks](#)

*[You may also insert the link to your team page]*

Let's move together and transform collective strength into meaningful action.

## Midway Update: Thank You for Supporting Me

The ALS Quebec Walk in [City] is just around the corner!

On [date], I am joining the community as we move together to support families and fuel hope for the future.

*[If you wish, adapt the messaging to add your story and who you're walking for]*

My goal: \$ [your amount]

👉 It's never too late to contribute or join me!

*Your donation fuels support and hope for the ALS community:*

*[Insert your fundraising page link here]*

## Walk day

Today, I am walking to end ALS, surrounded by a united community that shares a common goal: to support families affected by ALS and help advance research.

*[If you wish, add your story and who and what reason you're walking for]*

👉 To support me / To support my team:

*[Insert the link to your fundraising page here]*

Your support and generosity show that affected families are never alone and can count on a united and caring community.

## After the walk: Thank You for Your Support

I've just completed the ALS Quebec Walk in [City].

Thanks to your generosity, we have raised \$ [the amount raised by you or your team] to support families affected by ALS and advance progress in the future through the ALS Quebec Research Fund.

*[If you wish, share why you took part in this community event]*

Your support has generated real change for families today and hope for the future. Thank you to all those who participated and those who contributed.

It's still possible to make a donation on my page:

*[Insert your fundraising page link here]*

## Generic Messages

### **About ALS**

ALS is a devastating disease. It affects far more than physical strength: it continuously disrupts even the simplest activities of daily life, including how people move, speak, connect, and live. Its progression is relentless, and its impact on individuals and families is profound.

### **Where the Donations Go**

Funds raised through the Walk enable ALS Quebec to support people touched by ALS and their families at every stage of their journey – providing guidance, practical assistance, and connection when it matters most. 60% of net proceeds help to sustain these services, while 40% help to advance progress in the future through the ALS Quebec Research Fund.