



Map your connections

Raising money for MS Walk is easy! Use this tool to map out your social network and start asking people to make a donation towards your fundraising goal. Use the email templates in your Participant Centre or write your own, and do not forget to post your ask on your social media networks. Your family, friends, colleagues and neighbours will be excited to support you—but first you need to ask!

Family members

Friends

Co-workers

Company you work for

Neighbours

Social and/or religious groups

Local businesses you frequent
