

MS® WALK

By moving forward together we have never been closer to achieving our collective goal of a world free of MS.

This progress is only made possible by the individual actions of extraordinary Canadians like you and is magnified by our work together as one MS community. Here is a small sample of what we achieved together in 2021:

\$7,720,630.18 raised

by 10,092 individuals to support ground-breaking research projects and innovative support programs.



"We have so little control over our day-to-day lives with the unpredictability of MS – you never know what may flare up. Being involved with the MS Walk makes me feel like I'm taking some of that control back – raising awareness of the disease, fundraising for supports and research, and building hope that a cure will be found."

– Leah Wallace-Brown, Hamilton-Burlington MS Walk



686 individuals

participated in live exercise programming provided through the second year of the TIME™ program.

27,877 letters

sent by 10,049 supporters in our digital advocacy campaign to inform federal candidates across the country about the issues and concerns of Canadians living with MS



199 matches

made between Peer Support volunteers and individuals seeking support.



"Connecting through this program has been the best thing to happen to me since being diagnosed. Having someone to talk too that truly understands your experience with MS can make a dramatic difference in your life like it has in mine"

– **Jacqueline Waddleton, MS Walk St. John's**



2044 individuals

were provided assistance through the Quality of Life Equipment Program.

"I remember thinking, wow, if this support program ended today, I could walk away from it knowing I gained a different perspective on my diagnosis. My peer truly lifted my spirits and the best part of it was that the conversations continued." – **Anonymous**

76 support groups

led by volunteers to support Canadians affected by MS.



mswalks.ca