

# 'YLI CHALLENGES ALS'

## Grand President's Program 2022-2023

ALS (referred to for years as Lou Gehrig's Disease) is a disease that affects nerve cells in the brain and spinal cord. People typically have a gradual onset of symptoms that can affect speech, swallowing or movement. Regardless of initial symptoms ALS can lead to loss of ability to speak, eat, move or breathe. A cure for ALS has not been discovered...YET!

### THE THREE PART CHALLENGE!

#### PRAY

- \* PRAY for those living with ALS
- \* PRAY for their families
- \* PRAY for a CURE

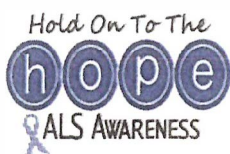
#### EDUCATION

- \* Invite a **SPEAKER** to a meeting to learn more about ALS
- \* Watch a **VIDEO** at a meeting or on your own. i.e. someone sharing their story of living with ALS
- \* **LISTEN** to a Podcast, i.e. "Connecting ALS"
- \* **SEND** information about ALS to your Institute members
- \* **SEARCH THE INTERNET** for many ways to EDUCATE through articles, videos, podcasts
- \* Be on the lookout for more information from the Grand President Program Committee for EDUCATION

#### PARTICIPATION/SUPPORT

- \* Seek out ways to **GET INVOLVED** in your community for ALS. i.e., [www.ALS.org](http://www.ALS.org) can direct you to local chapters of the ALS association.
- \* **PARTICIPATE** in or **VOLUNTEER** at a **BIKE** ride or a **WALK** to support ALS. [Www.ALS.org](http://Www.ALS.org) has information for events all over the country!
- \* **DONATE** to an ALS organization.
- \* **SUPPORT** someone in your community who has ALS. i.e., bring a meal, offer a ride, give a caregiver a break, ask them what they need/how you can help.

*BE ON THE LOOKOUT FOR MORE INFORMATION FROM THE GRAND  
PRESIDENT PROGRAM COMMITTEE!*



Angela Kaufman, Grand President's Program  
Chairman