

LES  
TURNER  
ALS  
FOUNDATION

ALS

**AWARENESS**

MONTH



TAKE A *Breathe*

MAY IS ALS AWARENESS MONTH.  
DONATE AT [LESTURNERALS.ORG/BREATHE](https://lesturnerals.org/breathe).

# TOGETHER AS A COMMUNITY, **LET'S TAKE A BREATH AND SUPPORT THOSE AFFECTED BY ALS.**

ALS Awareness Month, recognized globally each May, is an opportunity to share information with your community about Amyotrophic Lateral Sclerosis (ALS), a fatal neurodegenerative disease, and the unmatched work of the Les Turner ALS Foundation. For 44 years, the Les Turner ALS Foundation has been Chicagoland's leader in ALS research, patient care, support and education.

Breathing is something most people take for granted. **In fact, on average we take over 20,000 breaths a day. This is not the case for people living with ALS.** The disease causes weakness in many muscles in the body, including the muscles involved in breathing and swallowing. Weakness in these muscles can cause respiratory problems, making breathing more difficult. Respiratory problems are among the most common causes of death for people with ALS.

*Please join us in  
our **Take a Breath**  
Campaign to honor  
and recognize the  
resiliency of people  
with ALS.*

WE INVITE YOU TO RAISE  
AWARENESS AND FUNDS  
DURING THE MONTH OF  
MAY BY VISITING  
**LESTURNERALS.ORG/BREATH.**



**LESTURNERALS.ORG**

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